

Get **onboard** with good nutrition.

Tired? Dragging? Hungry?

Instead of reaching for a high caffeine drink or a candy bar, try one of these healthy, energy packed snacks to give your body the kick start it needs.

- **A banana and one tablespoon of peanut butter**
- **An apple and low-fat string cheese**
- **¼ cup of almonds and a mini box of raisins**

Want more tips on healthy eating? Onlife Health can help you. Our Health Coaches are trained professionals who are here to assist you with your health goals.

This is a **free benefit** from your employer that could change your life.

Call 866-292-7302
or log on to www.OnlifeHealth.com

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HEALTH

