

got milk?

Busy Body.

Actress, model,
mother, health nut,
spokesperson,
role model. How
does a busy mom
get it all done?

I exercise, eat right
and drink milk.

Studies suggest the
nutrients in 3 glasses
of lowfat or fat
free milk a day
can help maintain
a healthy weight.
Plus the protein
helps build muscle
for a lean body.

Done.



milk your diet