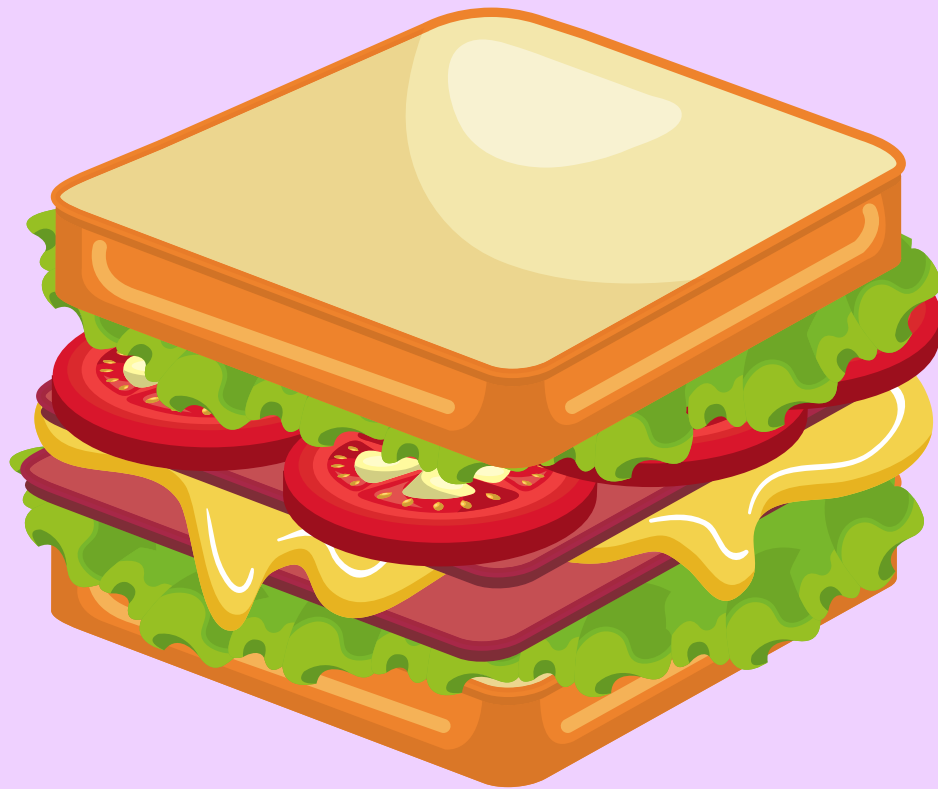


BOOST YOUR STRENGTH

SWAP YOUR JAM FOR HAM



SMALL CHANGES THAT CAN HELP:

- Aim for **1.2g** of protein per kg of your body weight each day
- It helps keep your bones strong, boosts your energy and fights off the flu.