06/04 SYFYW
Source: American Dietetic Association www.eatright.org

Athletes Build Muscle, Not Bulk!

Click the link below to find out more!

http://www.eatright.org/Public/NutritionInformation/index_2854.cfm

For more information about this or other healthy weight management topics, contact your local **Health and Wellness Center (HAWC)** or **Dietitian** or visit the **SYFYW Community Website** at **http://airforcemedicine.afms.mil/shapeyourfuture**.

Shape Your Future… Your Weigh!™