



Go Bananas for QuickStart!

WHY do tennis players wear sunscreen?

BECAUSE ... SUNSCREEN

- 🍌 Helps protect skin from sunburn and skin damage
- 🍌 Is safe and effective
- 🍌 Blocks the sun's ultraviolet (UV) rays
- 🍌 Keeps skin from aging
- 🍌 Adds to protection offered by hats, long sleeves, umbrellas and shade
- 🍌 Can be rubbed or sprayed on
- 🍌 Can easily be carried in tennis bags
- 🍌 Provides lifelong benefits
- 🍌 Keeps skin healthy and looking good!

**Want to be a great tennis player?
Eat like a great tennis player!**

Eat a banana every day! Wear sunscreen, sunglasses and a hat when you play! Start your day with a bowl of whole-grain cereal, skim milk and a sliced banana. Put on sunscreen before you go outside. Drink lots of water each day, more in really hot weather and when you play!



Bryce

Brendan

The Boland Brothers Go Bananas for QuickStart!!!

Bryce and Brendan Boland play a lot outside and want to keep their skin safe, so they use sunscreen. They like to play QuickStart Tennis in their driveway and all around their neighborhood. Their Mom makes sure they always wear sunscreen.

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Bag Check: On court Bryce and Brendan have water and bananas. Bryce starts his day with Cheerios, mangoes or fruit smoothies. Brendan's favorite lunch is a peanut butter and Nutella sandwich with strawberries or pears. For dinner Bryce likes tacos with lots of lettuce, tomatoes and cheese. For special occasions, Bryce has steak, baked potatoes and cottage cheese with fruit and Brendan likes grilled chicken, rice, lettuce and strawberry salad.