

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

- **Eat lots of fruits**
- **Eat lots of veggies**
- **Drink lots of water**
- **Eat whole-grain foods**
- **Eat lean meats, seafood
and protein**
- **Play lots of tennis!**

Go Bananas for QuickStart!



Why do tennis players...

- Brush and floss?
- Wear sunscreen, hats and sunglasses?
- Warm up and cool down?
- Like to sleep?
- Like music?
- Like to read?

To find out, go to www.quickstartcentral.org and click *Go Bananas!*

