



Go Bananas for QuickStart!

QuickStart Arithmetic

**GO BANANAS! = ACTIVITY + NUTRITION
ACTIVITY + NUTRITION = BETTER ACADEMIC
PERFORMANCE AND HEALTH!**

Well-nourished, active kids . . .

- Are alert and more prepared to learn
- Are more likely to enjoy school
- Show improved ability to concentrate on assignments
- Achieve better test scores in reading, writing and math
- Are better able to perform complex tasks
- Have higher self-esteem
- Manage stress and anxiety better
- Are healthier overall and less likely to become ill



QuickStart Tennis Adds Up for Kids!

QUICKSTART = MOTOR SKILLS + TENNIS SKILLS + FUN!

QUICKSTART = LIFE SKILLS + TEAMWORK + FUN!



Brendan Evans

- Tennis professional & UVA student
- Fastest serve – 144 mph
- Started playing at age 9
- Jr. Grand Slam Championships (3)
- Played on pro tour for six years
- Highest pro ranking -- 117
- Student at UVA with 3.9 GPA

Tennis Pro Goes Bananas for QuickStart!!!

Brendan says eating healthy is a major step in preparing your body to play at the optimum level. For kids it's important to replace all the calories burned each day and more so you'll continue getting stronger as you grow. Studies show a connection between nutrition, physical activity and academic performance! Brendan has always been physically active, a healthy eater and a great student!

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Bag Check: On court Brendan has water, bananas, electrolyte energy gels and protein bars. For breakfast he likes scrambled egg whites, wheat toast and fruit. Lunch is usually a turkey sandwich on whole wheat bread. For dinner he prefers a high-protein meal like a chicken breast with lots of vegetables, fruit and healthy carbs like brown rice or baked potato. For special occasions, he has a chocolate and vanilla sundae.