



# Young or old, we are all part of a New Generation.



We are living in a time of technological advancement that offers us **great access** to information and entertainment.

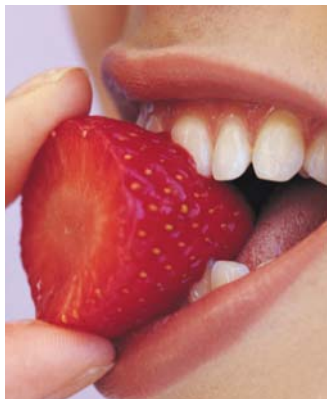


But, we are and will always be **physical beings** by nature.

What will it take for us **to evolve** into a nation of people who care for our bodies more than we care for our **other worldly** possessions?



The solution **must be** physical activity **and** calorie control



More information about *Making The Connection* and healthy lifestyle choices are available at [www.shapeup.org](http://www.shapeup.org) and [www.sweetnlow.com](http://www.sweetnlow.com)

Sweet'N Low® is a registered trademark of Cumberland Packing Corp., Brooklyn, New York, 11205. All rights reserved. Shape Up America!®