



MIX IT UP

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MIX IT UP ON YOUR BREAK

There are plenty of new healthy choices to choose from. So when you're at the vending machine pick out a **yellow** or **green** item. And make your snack break a healthy one.





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**YOU'LL SEE
RED WHEN
YOU ADD ON
THE POUNDS**

Sometimes you just need chocolate.
But if you eat it every day, the calories can
really add up. That's why you should mixup
your snacks by choosing a **yellow** or **green**
item. Mix it up to live a healthier life.



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**IT TAKES
AN HOUR OF
RUNNING
TO BURN OFF
ONE POP**

That's a lot of work for just one can. Think about it. It has single-handedly ruined your morning workout. Don't waste your hard work. Pick a **yellow** or **green** item. These low-calorie options are healthier for you so mix it up.



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