

FUEL YOUR MIND AND BODY

Boost your mood

Boost brainpower

Build resilience

Stay fit for life

**Be mission-ready:
Strong mind, strong body**

Optimize speed

Build endurance

Stay alert




Increase focus

Recover faster from:

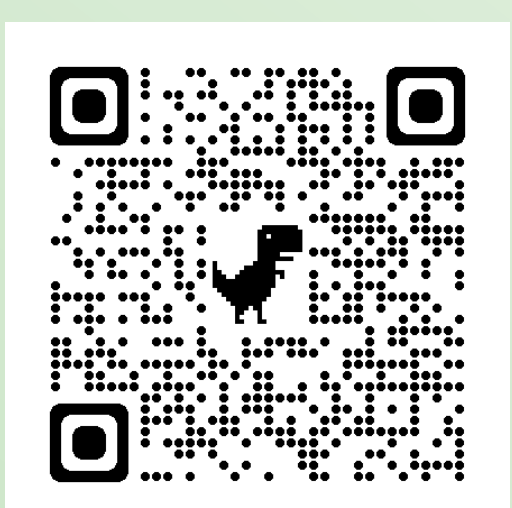
- **Injuries**
- **Workouts**
- **Stress**



Go for Green[®] makes it easy for you to identify and choose foods that enhance your performance.

 **Green** High-performance fuel
 **Yellow** Moderate-performance fuel
 **Red** Low-performance fuel

Eat Well
PERFORM WELL



hprc-online.org/nutrition/go-green

