

got milk?[®]



And one, and two, and three...

Glasses of milk. As a fitness expert, I can tell you that it's not just about exercise or what you eat. More and more women are discovering the importance of what they drink.

Some studies suggest that drinking 24 ounces of lowfat or fat free milk every 24 hours as part of a reduced-calorie diet can be a healthy and effective way to lose weight. Visit 2424milk.com and you can look as great as you feel.



think about  your drink.SM

Milk your diet. Lose weight!TM