BREAKFAST CAN SET THE TONE FOR THE REST OF THE DAY. IT IS THE KEY TO “BREAKING THE FAST,” THE FAST OF AN EIGHT-HOUR SLUMBER.

TOO BUSY?

Try boiling enough eggs for two to three days. Take one portion with you daily in a small unbreakable container like Tupperware®. Tip: For flavor, try adding pepper instead of toppings that are loaded with fat such as butter and mayo.

NEED OPTIONS?

Heart healthy, Quaker Oats™ has recently launched a brand of instant oatmeal that contains half the sugar of the original recipe. Keep a non-plastic, microwave-safe dish nearby. Simply take out one packet a day and heat it up in the microwave!

STILL NOT CONVINCED?

Try cereal. When choosing a cereal, try and keep sugar out of the first two to three ingredients. For the organic food shoppers, try Kashi Go Lean Crunch™! For everyone else, we suggest plain old Cheerios™.

The START (Strategic Army Training) Fitness™ program incorporates the same exercises that are used annually to test the strength and endurance of the National Guard. START Fitness is a program created for Soldiers by Soldiers.

SGT Ken Weichert, six-time Soldier of the Year and veteran of both Iraqi Freedom and Desert Storm, began the START Fitness™ program in 1997. Now partnered with his wife Stephanie, Strategic Director of START Fitness and a certified personal trainer, the Weichert's are conquering the fitness industry. START Fitness™ has been profiled on Backpacker Magazine, the San Francisco Chronicle, The Washington Post, and now you can expect it in the pages of GX.

For more information, visit: startfitness.com

You can work out with SGT Ken™! Purchase all three of their workout videos (VHS & DVD) on their website.