

THE
**BIGGEST
LOSER**

PREMIERES TONIGHT
8/7c NBC

got milk?[®]

Shape Up.

Take it from pros like us. When it comes to staying fit, you've got to set goals, train hard, and make healthy choices about what you eat. That's why we encourage the contestants on The Biggest Loser to drink lowfat or fat free milk. Including 24 ounces a day of milk in your diet can help you get the calcium and nutrients your body needs when watching calories, plus the protein helps build muscle. Now that idea is strong inside and out.

think about  your drink.SM

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