

RISE: YOU DON'T HAVE TO BE A SUPER BOWL CHAMPION TO BE A WINNER AT HELPING YOUR FAMILY STAY HEALTHY AND ACTIVE. I'M RISE JILL MILLER.

THERE ARE SIMPLE AND DELICIOUS WAYS YOUR FAMILY CAN START EVERY DAY OFF RIGHT AND INCORPORATE GOOD NUTRITION AND PHYSICAL ACTIVITY INTO THEIR DAILY ROUTINES. NEW YORK GIANT HAKEEM NICKS AGREES.

NICKS: I LIKE TO START MY BREAKFAST OFF IN THE MORNING BY HAVING A NICE BOWL OF CEREAL TO PUT THE LOW FAT MILK IN MY BODY TO GET MY BODY STARTED BEFORE I GET MY WORK OUT AND GET MY BODY GOING.

RISE: SO, WE CAN SET THE BREAKFAST TABLE WITH MILK TO MAKE SURE THE WHOLE FAMILY GETS THEIR NUTRIENTS. I'VE HEARD ABOUT THE FUEL UP TO PLAY 60 PROGRAM. CAN YOU TELL US MORE ABOUT THAT?

NICKS: FUEL UP TO PLAY 60 IS DEFINITELY IMPORTANT FOR YOUNG KIDS AT THIS AGE IT TEACH THEM ALL THE RIGHT THINGS AT A YOUNG AGE TO GET THEIR BODIES ACTIVE AND PUT ALL THE RIGHT INGREDIENTS IN THEIR BODY.

RISE: TO SEE HAKEEM'S GOT MILK? AD CHECK OUT FACEBOOK DOT COM SLASH MILK MUSTACHE AND VISIT FUEL UP TO PLAY 60 DOT COM FOR MORE INFORMATION ON THE PROGRAM.