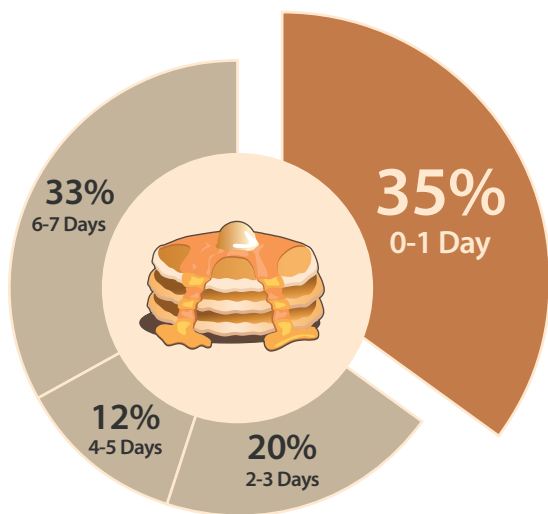




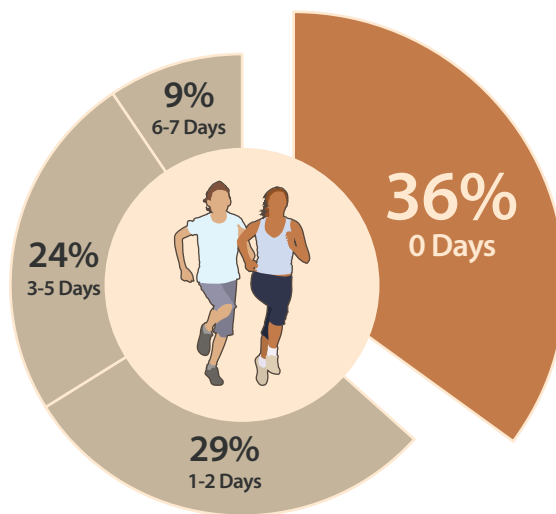
WHO BREAKFASTCISES?

The benefits of daily breakfast and regular exercise are well-known. But in a study of consumers' healthy eating and wellness lifestyle habits, The Hartman Group's research revealed that households with the least income are the most likely to skip breakfast and exercise the least.

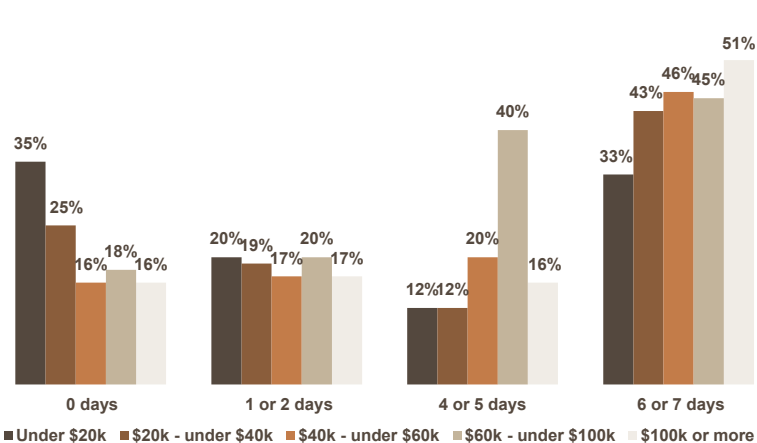
ONE THIRD of consumer in households with income under \$20k eat breakfast **0-1 TIMES PER WEEK**



ONE THIRD of consumer in households with income under \$20k do not exercise **AT ALL**



In a typical week, how often do you eat breakfast?



In a typical week, how many days do you exercise?

