

# Athletes Get In Shape By Drinking Milk

(NAPSA)—Containing plenty of nutritional benefits—from calcium and vitamin D that go toward building strong bones to the protein needed for healthy muscles and skin—milk could be considered the original sports drink.

One place where milk definitely does bodies good is the Milk House at Disney's Wide World of Sports® Complex, which hosts athletes from around the world. From Olympians to pro football and baseball players, athletes use the complex's facilities to work out and train hard. Just like these athletes, it's crucial for the teens who compete at Disney's Wide World of Sports to drink enough milk and get the right amount of nutrients to play their best.

Unlike other beverages, flavored milk provides a complete nutrient package of nine essential nutrients to help active kids achieve peak performance. Many milk processors are introducing delicious new milk flavors in portable containers to help active kids stay in the game and off the sidelines.

The Milk House brims with sports memorabilia—and large



**Young athletes know that drinking milk is an important part of any training regimen.**

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photos of famous athletes with “Got Milk?” mustaches. It also features unprecedented flexibility, new age-playing surfaces, custom athlete training areas and new “Florida Picturesque” construction. Wrestling, martial arts, basketball, volleyball and inline hockey are just a few of the sports that take place there.

For more information about milk events and other facilities at the Walt Disney Wide World of Sports, go to [www.whymilk.com](http://www.whymilk.com) or [www.disneygo.com](http://www.disneygo.com).