

Turn to Us

Summer 2021



Healthy Habit

Good Morning from Marzzacco Niven & Associates

Did you eat breakfast today?

It's important for multiple reasons including:

- Jump-starting your metabolism
- Curbing overeating later

Most importantly, studies show that adults who have a healthy breakfast do better at work, and kids who eat a morning meal score higher on tests.

If a big plateful first thing isn't for you, keep it light with a granola bar or a piece of fruit. Just don't skip it.