

- Hi kids, this is Russ Hodges with another training table tip from new Post Grape-Nuts Flakes, the training table cereal packed with special whole wheat power. Football players know what that means for muscle, speed, quick thinking. Say here's Biggie Munn, Athletic Director at Michigan State.

- Now, Jimmy, when you let that ball go for the forward pass, be sure you let it roll off your fingertips.

- Now Biggie, tell the boys and girls about training.

- Oh, glad to, Russ. Youngsters, anything you do, you have to train, practice, and you have to eat right. That's why here on our training table, you'll find Grape-Nuts Flakes, the training table cereal.

- Right Biggie. Each flake is a whole grain of extra special wheat. And everybody knows whole wheat helps build up your muscles and strength, gives you whole wheat power. And Grape-Nuts Flakes are made in a brand new way, sweeter.

- They taste extra good, kids, and they're extra good for ya.

- Check, Biggie Munn of Michigan State. Boys and girls, make your breakfast table a training table. To get what it takes, eat Grape-Nuts Flakes, the training table cereal.