

RISE ^{ESPN} Upgrade **U**

EVEN IF YOU'RE ON THE ROAD ALL SUMMER, THERE'S NO EXCUSE FOR NOT STEPPING UP YOUR SNACK GAME

When you're cruising across the country, it's easy to reach over for a handful of chips and a sip from your Big Gulp of Coke every few minutes. But with the fall season not too far away, nobody can afford to pack on extra junk-food pounds. Unless, perhaps, you're trying out for the offensive line.

Luckily, every corner store or supermarket is stocked with tasty snacks and flavorful drinks that just happen to be healthy. Which means just because you're spending the summer on the road doesn't mean you have to eat like a trucker.



INFUSED OWATER

With less sugar than most sports drinks, owater offers electrolytes without giving you cavities. Comes in seven flavors, including strawberry pomegranate and coconut.