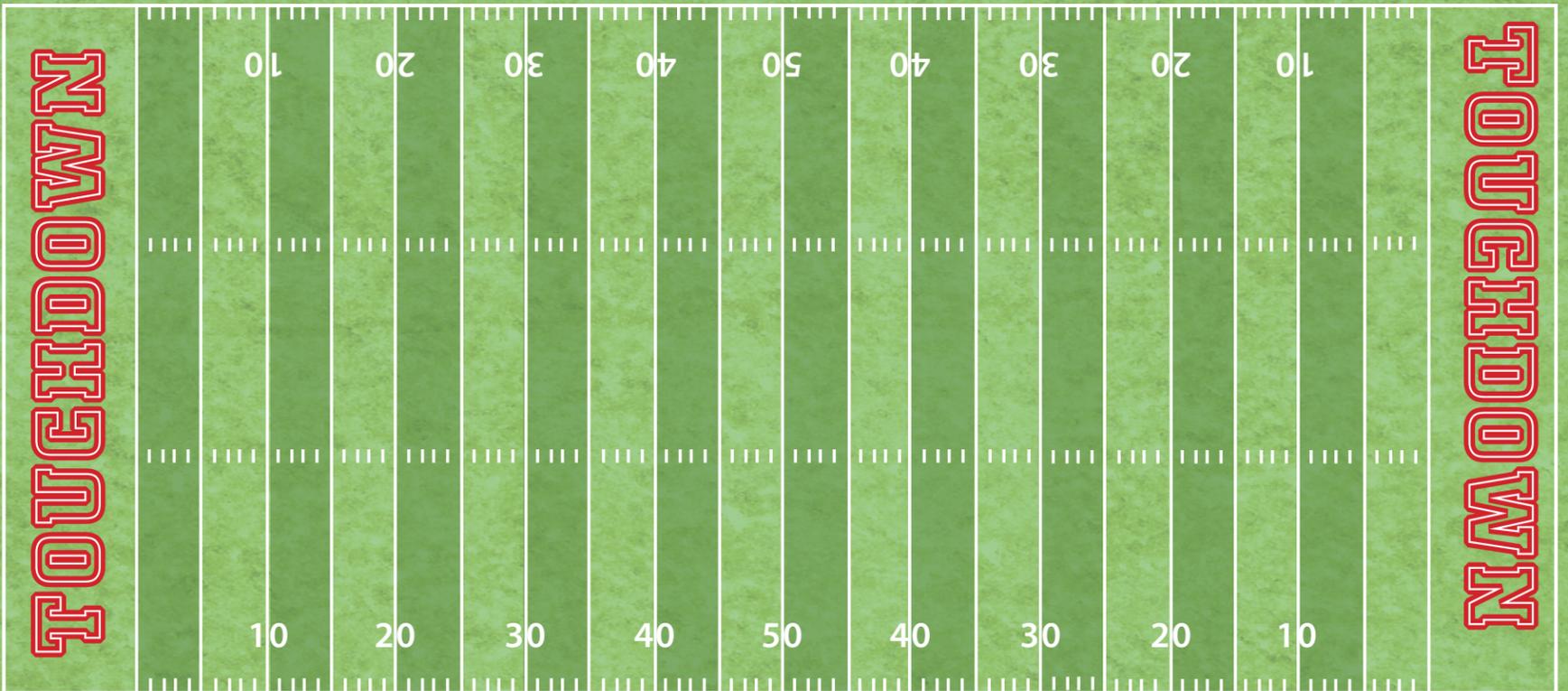




To burn the calories from **one 20 oz. sugary drink...**



...You would have to walk up and down a football field 47 times!

According to Mayo Clinic, a 160 lb. person burns 314 calories per hour when walking at 3.5 mph. The route shown is an approximate walking distance needed to burn the 240 calories in a 20 oz. sugary drink. Total calories burned varies by age, gender, and weight.

Sugary drinks are high in calories, sugar and salt. If you're working hard to get healthy, choose

Water First for Thirst.    



WATER FIRST
for thirst





To burn the calories from **one 20 oz. sugary drink...**



...You would have to walk the bases around a baseball field 40 times!



According to Mayo Clinic, a 160 lb. person burns 314 calories per hour when walking at 3.5 mph. The route shown is an approximate walking distance needed to burn the 240 calories in a 20 oz. sugary drink. Total calories burned varies by age, gender, and weight.

Sugary drinks are high in calories, sugar and salt. If you're working hard to get healthy, choose

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