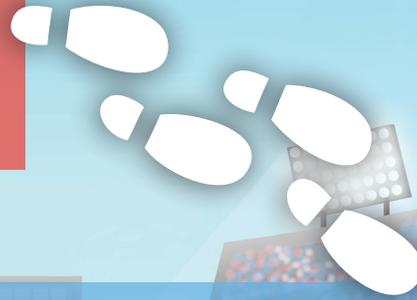
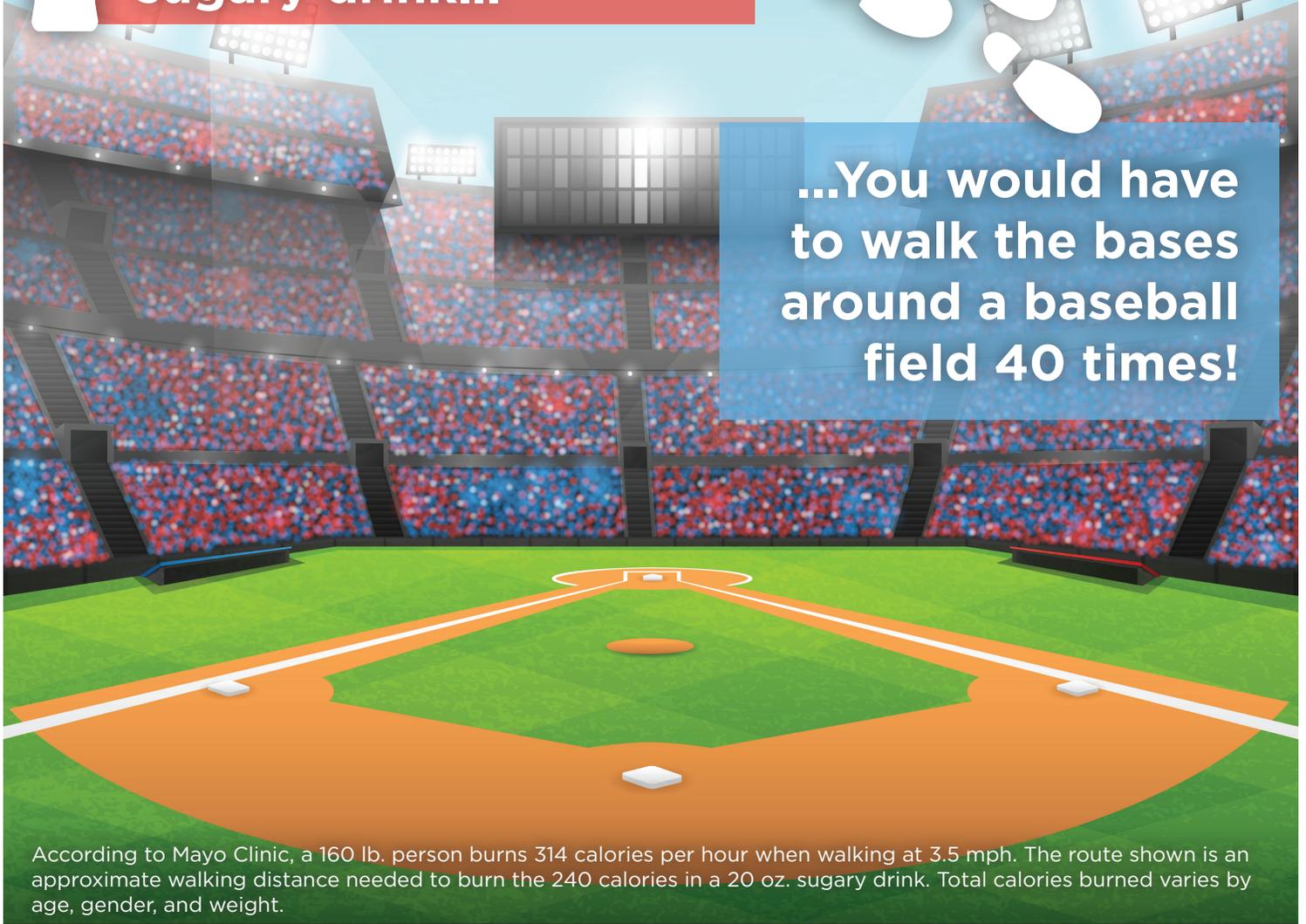




To burn the calories  
from **one 20 oz.  
sugary drink...**



**...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

**Water First for Thirst.**

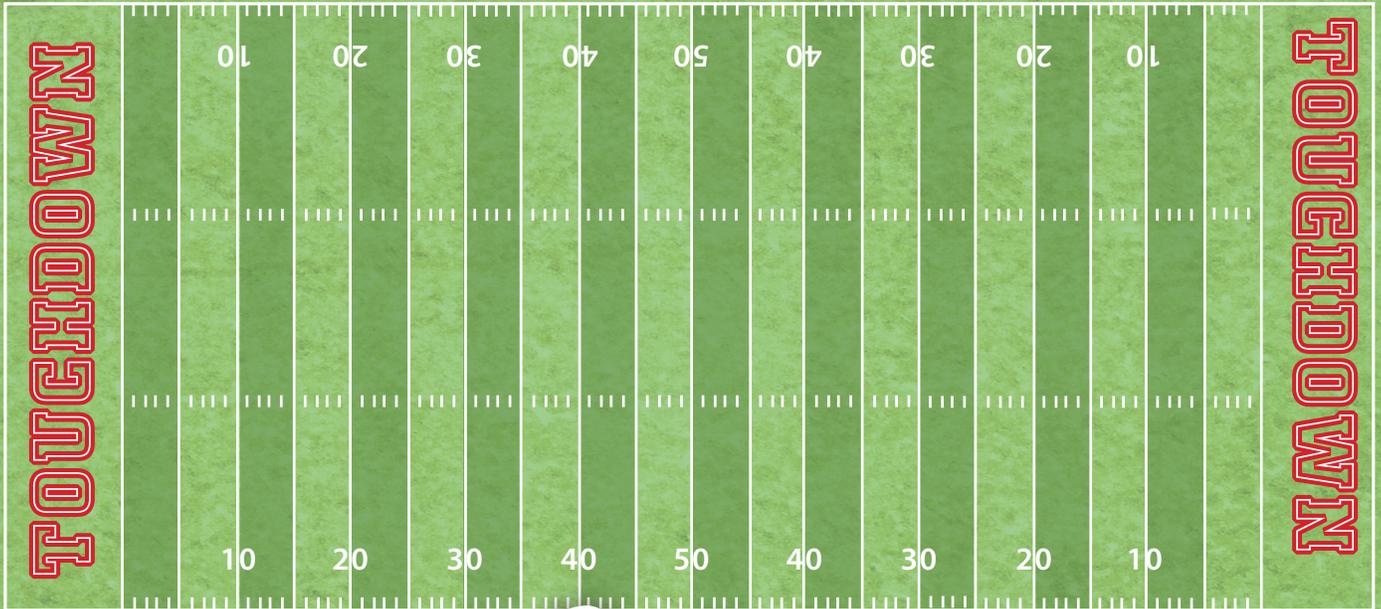


**WATER  
FIRST**  
*for thirst*





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

