



# WHAT'S IN YOUR DRINK?

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





# SAVING UP?

Don't spend your hard earned money on drinks that are full of calories and sugar. Tap water is free of charge and free of calories. Add a slice of lemon for a little flavor and always choose **Water First for Thirst.**    





# NEED A BOOST?

You may need water. Being dehydrated can make you feel unfocused and tired. For your afternoon boost, choose

**Water First for Thirst.**    



WATER  
FIRST  
for thirst





# WATCHING YOUR WEIGHT?

Did you know a 20 oz. sugary drink can contain up to 240 calories and 17 teaspoons of sugar? Choosing a glass of water is a simple way to cut your sugar intake and improve your health. Choose

**Water First for Thirst.**    



WATER  
FIRST  
for thirst





# SAVING UP?

Don't spend your hard earned money on drinks that are full of calories and sugar. Tap water is free of charge and free of calories. Add a slice of lemon for a little flavor and always choose **Water First for Thirst.**    



WATER  
FIRST  
for thirst





# NEED A BOOST?

You may need water. Being dehydrated can make you feel unfocused and tired. For your afternoon boost, choose **Water First for Thirst.**    

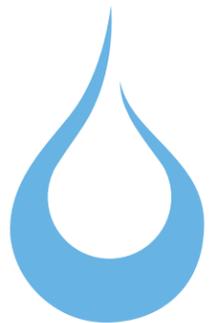




# WATCHING YOUR WEIGHT?

Did you know a 20 oz. sugary drink can contain up to 240 calories and 17 teaspoons of sugar? Choosing a glass of water is a simple way to cut your sugar intake and improve your health. Choose

**Water First for Thirst.**    



WATER  
FIRST  
for thirst

