







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.    





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.    






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.**    









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?

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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.** 