EVERY SIP COUNTS!

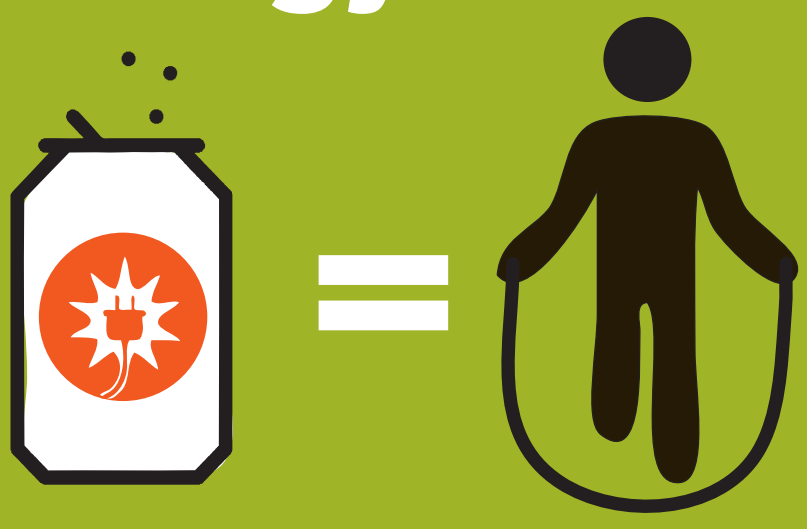
20 oz. Soda

30 min JUMPING JACKS

32 oz. Sports Drink

25 min JOG OR RUN

16 oz. Energy Drink



20 min JUMPING ROPE

CHOOSE

WATER

reTHINK your drink!

every sip counts.

Minneapolis Health Department

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* Numbers may vary based on weight,height and the amount of energy expended