

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

re**THINK**
your drink!

every sip counts •

Minneapolis
Health Department