¡Cada traguito cuenta!

Una soda de 20 onzas

30 min montando en bici

Una bebida deportiva de 32 onzas

25 min trotando o corriendo

Una bebida energética de 16 onzas

20 min brincando la cuerda

Mejor

¡Toma agua!

¿Sabes lo que bebes? ¡Piénsalo dos veces!

rethink your drink | every sip counts

Minneapolis Health Department

This project is supported by the Minneapolis Health Department with Statewide Health Improvement Program funding, Minnesota Department of Health.

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