

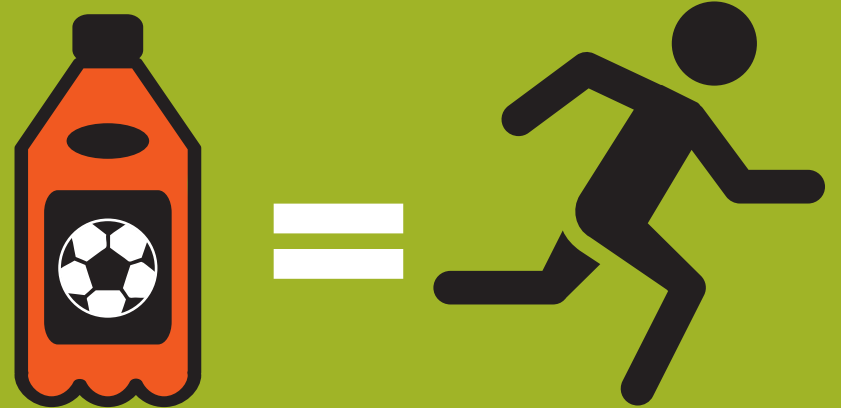
# EVERY SIP COUNTS!

20 oz.  
Soda



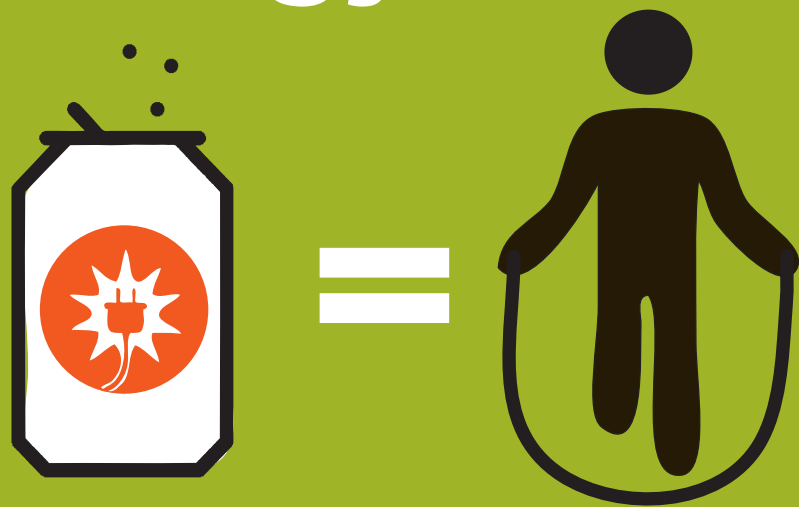
30 min  
JUMPING JACKS

32 oz.  
Sports Drink



25 min  
JOG OR RUN

16 oz.  
Energy Drink



20 min  
JUMPING ROPE

CHOOSE



WATER



Public Health  
Prevent. Promote. Protect.  
Cavalier County Health District

re**THINK**  
your drink!  
every sip counts •

Minneapolis  
Health Department