

# ***Drink Water.***



*Ordering water instead of soda in restaurants just once a week saves you \$78 and 12,480 calories every year!*

**Isn't it time to *Rethink Your Drink?***  
**Take the *Soda Free Summer Challenge.***  
**[www.sodafreesummer.org](http://www.sodafreesummer.org)**



**R<sup>e</sup>THINK  
your  
drink**

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*Making it fun and easy to eat well and move more.*  
[www.shapeupsf.org](http://www.shapeupsf.org)

