

25 pounds.

That's the amount of weight you could gain in one year simply by drinking one 20 oz soda instead of an unsweetened beverage each day.

Is it worth it?

Try water, seltzer, or other no-calorie drinks.





**NEED A
SNACK?**

Grab a
healthier
option



**FUEL UP,
FEEL GOOD**

THINKING ABOUT A SNACK?



Our vending machines now feature **healthier, great-tasting options.**

**FEEL
GOOD**
when you fuel up



2 miles.

That's the distance you would have to run to **burn off** the calories from **one 20 oz sports drink.**

Why waste your workout?

Choose water.

Unhealthy snacks
and drinks
contribute to weight
gain, diabetes, high
blood pressure,
and heart
disease.



Healthier snacks are good for you,
plus they taste great. Grab one today!



**SMART
SNACKING**
SAVES YOUR HEART

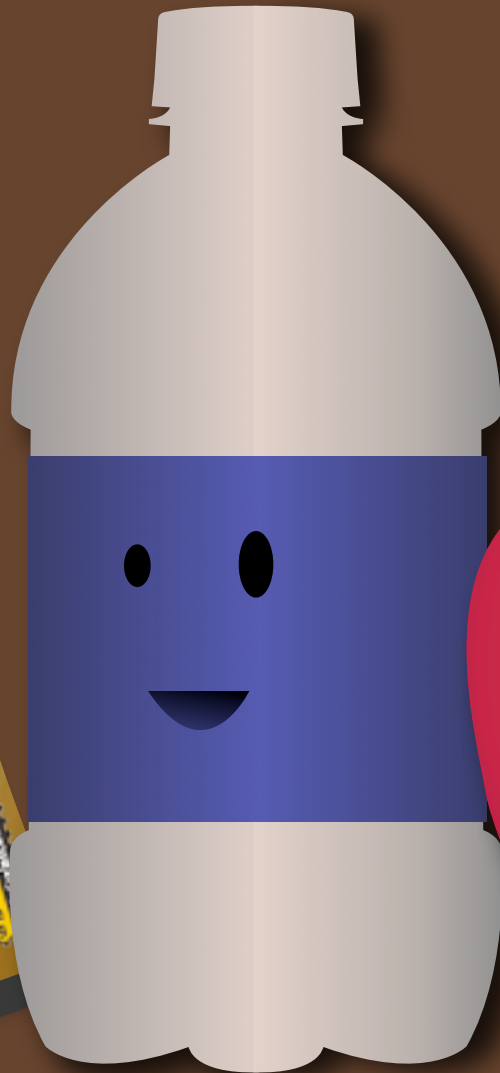


**SMART
SNACKING**
KEEPS YOU COOL

SMART SNACKING

Now there are healthier
options in the vending
machines to help you
grow up big and strong.

Try them today!



A large, stylized illustration of a soda bottle on the left, tilted and pouring a thick, golden-brown liquid. The liquid forms a long, winding, S-shaped path that curves across the dark background. A small white silhouette of a person is walking along the path, emphasizing the distance. The path ends in a large, shallow, bowl-like shape at the bottom right.

3 miles.

That's the distance you would have to walk to **burn off** the calories from one 20 oz bottle of soda.

Choose water,
or other no-calorie drinks.

Why wait until the New Year to start eating healthier foods?



Start today.

Soda

Water

Caffeine

Flavoring

Phosphoric Acid

Caramel Color

High Fructose
Corn Syrup

Carbonated
Water

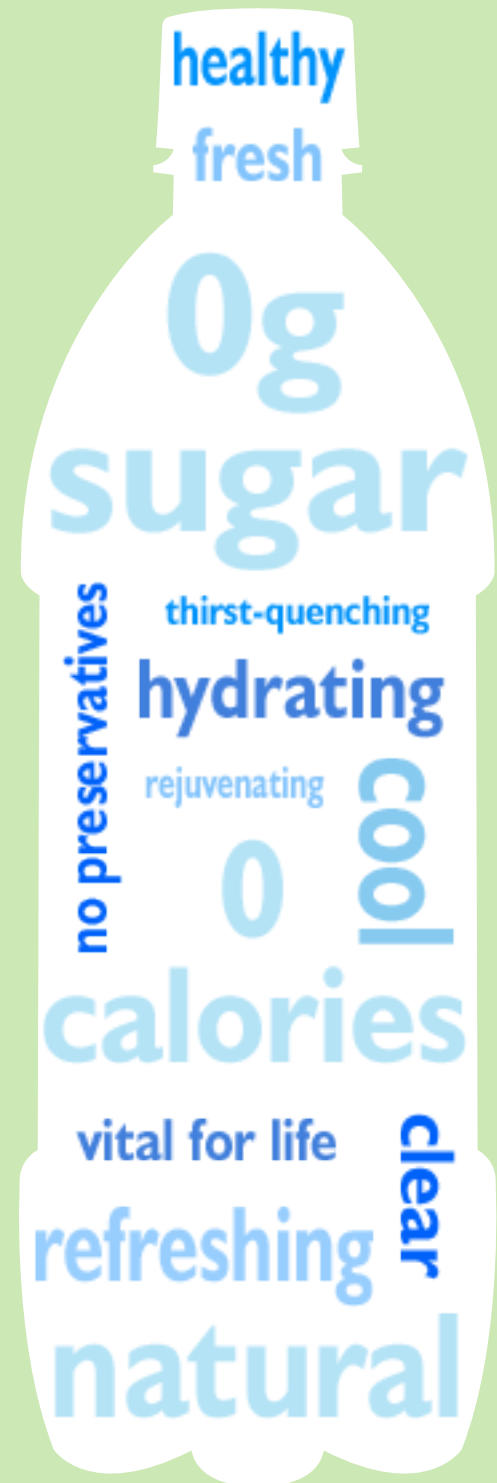
Water

What's in
YOUR
bottle?

What's in YOUR bottle?



SODA



WATER