

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

Crow Wing
energized

reTHINK
your drink!

every sip counts •

Minneapolis
Health Department

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