

# I WILL DRINK MORE WATER!

EMPOWER YOURSELF.



## Refreshing, healthy and free.

Make water your drink of choice. Sodas, sweet tea and other sugary drinks taste great but are high in calories. So drink water. Add a lemon or other natural flavorings if you like.

*Thirsty for more? For more tips and other healthy options, visit:*

[www.MyEatSmartMoveMore.com](http://www.MyEatSmartMoveMore.com)



RIGHT SIZE  
YOUR  
PORTIONS

DRINK MORE  
WATER

WATCH  
LESS TV

EAT MORE  
FRUITS  
& VEGGIES

PREPARE  
MORE MEALS  
AT HOME

MOVE  
MORE