

# 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. Your body will thank you.



*Thirsty for more? Visit:*

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