

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? For more tips and other healthy options, visit:

www.MyEatSmartMoveMore.com



RIGHT SIZE
YOUR
PORTIONS

DRINK MORE
WATER

WATCH
LESS TV

EAT MORE
FRUITS
& VEGGIES

PREPARE
MORE MEALS
AT HOME

MOVE
MORE