


# BYE-BYE

REWARDS FOR HEALTHY LIVING

# BAD HABITS



SANDY LOVES **SODA**—  
64oz at a time.

SHE IGNORES THOSE "HEALTH NUTS"   
BEEN DRINKING IT FOR YEARS  
"AT LEAST IT'S NOT BEER!"

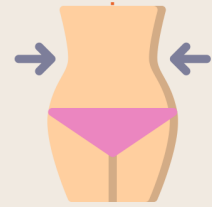
Cutting back on soda **COULD LOWER HER RISK** for health problems



BLOOD SUGAR



BLOOD PRESSURE



WAIST SIZE



SODA IS PART OF HER DAILY LIFE

especially  when driving

BUT

WEIGHT PROBLEMS AND HEART DISEASE RUN IN HER FAMILY

SHE WORRIES ABOUT HER KIDS. 

ENOUGH IS ENOUGH!  
SANDY DECIDES TO CUT BACK—WAY BACK.



Unsweetened flavored seltzers help cravings.



Drinking a LOT more water helps to not feel thirsty.



She avoids greasy foods that make her crave soda.



She feels so much better that she cuts out sodas completely.



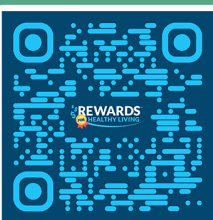
1 YEAR LATER

- ✓ WEIGHT
- ✓ WAIST SIZE
- ✓ BLOOD SUGAR
- ✓ BLOOD PRESSURE
- ↓ ALL DOWN!



SANDY IS **HAPPIER HEALTHIER & MORE FIT** than ever!

REGISTER TODAY!



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