


BYE-BYE

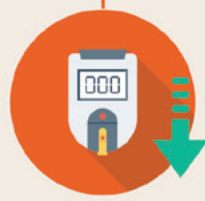
BAD HABITS



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.

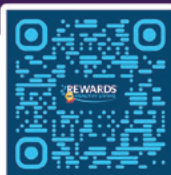
1 YEAR LATER



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



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



REGISTER TODAY!

Still need to sign up?
Go to rewardsforhealthyliving.com and follow the instructions on the screen.

Already registered?
Log in now: rewardsforhealthyliving.com