


BYE-BYE

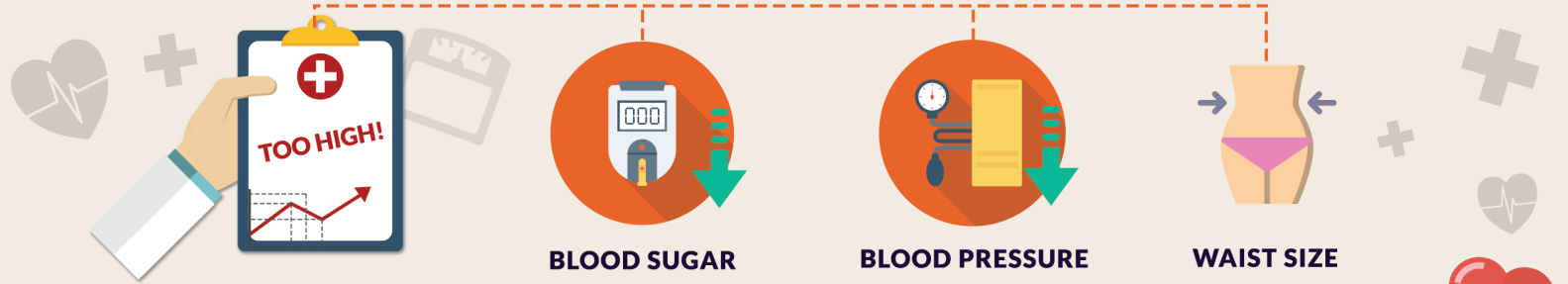
BAD HABITS



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



SODA IS PART OF HER **DAILY LIFE**  especially when driving

WEIGHT PROBLEMS AND HEART DISEASE RUN IN HER FAMILY  SHE WORRIES ABOUT HER KIDS.

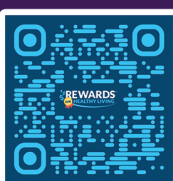
ENOUGH IS ENOUGH!
SANDY DECIDES TO CUT BACK—**WAY BACK.**




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!**



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