



What's it take to burn off the calories from drinking a 20 oz. regular soda?*

* 240 calorie drink, 150 lb. adult walking 3 mph

Walk
3 miles
or 6,000 steps



OR

Exercise
30 minutes
vigorous cardio



OR

Bike
6 miles
pedaling fast



If you swap out one 20 oz. soda for water every day, you'll save over 87,000 calories per year.



HealthyLincoln.org

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