



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

Partnership for a Healthy Lincoln