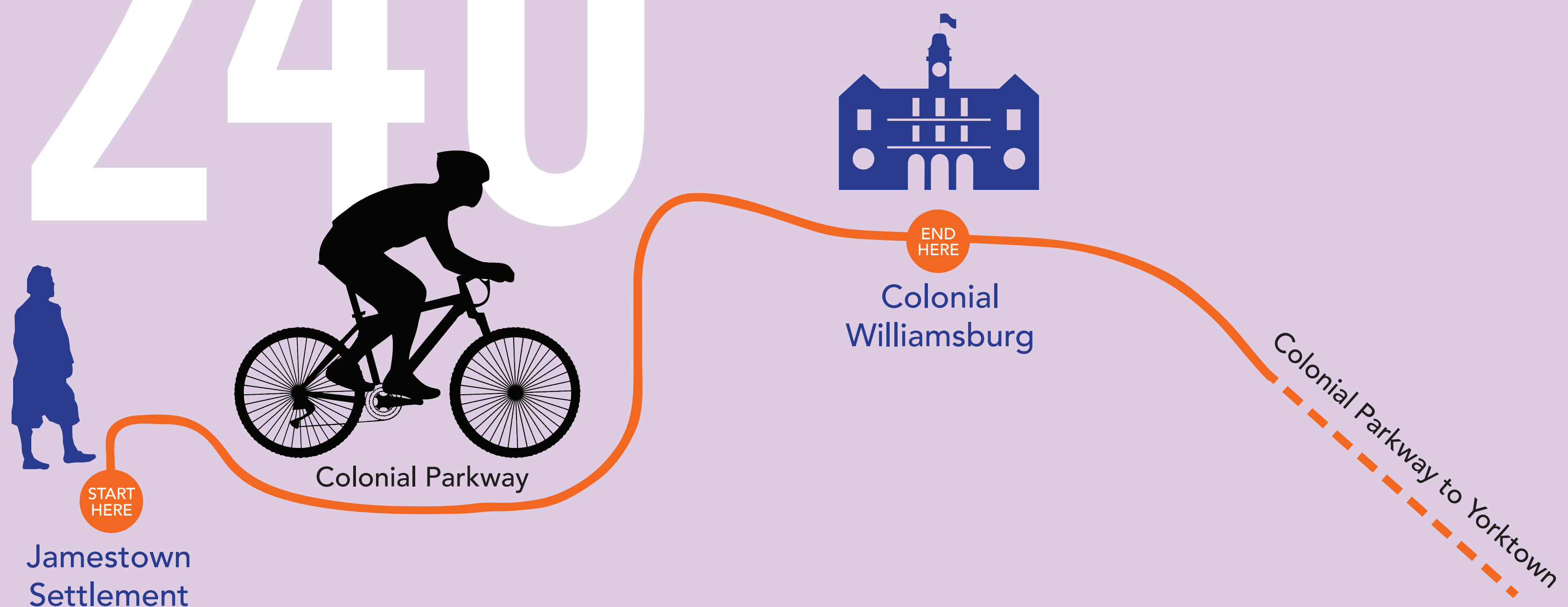


THAT SUGARY DRINK REQUIRES A HISTORIC RIDE

240 CALORIES



THE FACTS on sugary drinks aren't sweet. Sugary drinks increase the risk of Type 2 diabetes, heart disease, and gout. A child's risk of becoming obese increases by 60% with each additional sugary beverage consumed daily. Drinking just one 20-ounce bottle of sugary beverage per day can result in a gain of 25 extra pounds per year.

TO BURN OFF THE 240 CALORIES IN 20-OUNCE COLA OR A 16-OUNCE COFFEE FRAPPUCCINO OR 12 OUNCES OF GRAPE JUICE means biking from the tip of Jamestown Island to Colonial Williamsburg.

Still Thirsty?

You can keep pedaling to Yorktown.

#notworthit #drinkwater



This calorie calculation is based on a 125-pound person biking leisurely for over an hour.

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