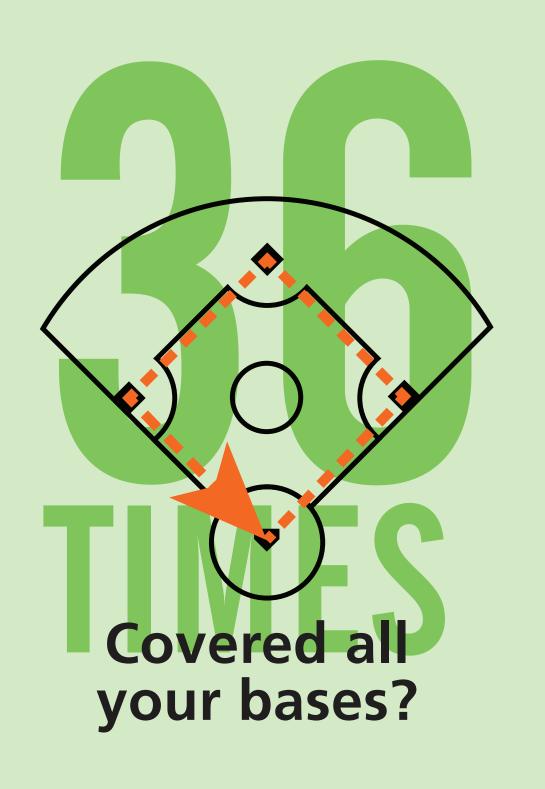
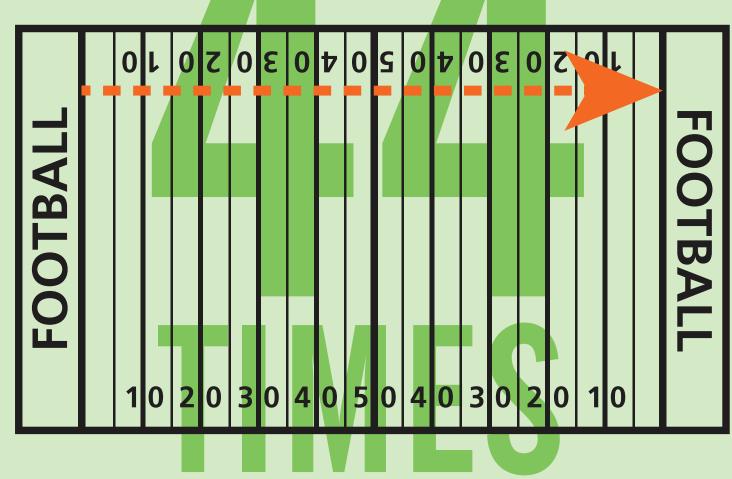
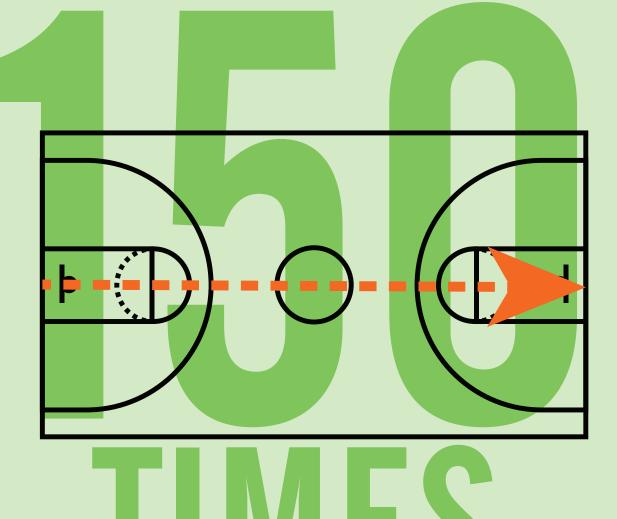
## TO BURN OFF THE CALORIES FROM SUGAR IN A 20-0UNCE SPORTS DRINK, YOU MAY BE IN FOR MORE OF A WORKOUT THAN YOU PLANNED.



Made a 100-yard touchdown?



Grabbed a defensive rebound and taken the ball end-to-end?





## IT CAN TAKE WALKING TWOANDAHALFMILES

FOR A PERSON TO BURN OFF 130 CALORIES.

That means walking the baseball bases 36 times or the length of a football or soccer field 44 times. It's 150 times down the length of a basketball court.

#notworthit #drinkwater

This calorie calculation is based on a 120-pound person walking a 20 minute mile. Numbers of calories burned vary by individual and the type of activity. And, by the way, keep moving and consume less sugar, and you will feel better. You're pretty great the way you are, too. Just sayin'.



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