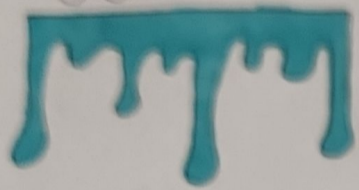


Rethink Your Drink!

Water

A blue horizontal bar with several blue drips hanging from its bottom edge, representing water.

Pros:

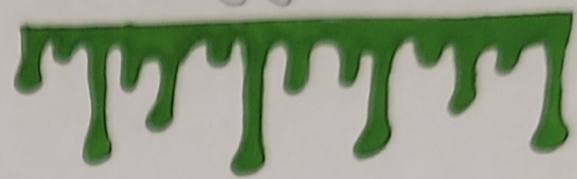
1. Keeps you hydrated
2. Refreshing
3. Regulates body temperature
4. Helps joints
5. Prevents headaches
6. Improves your mood

Cons:

1. Overburden the kidney
2. Puts pressure on the heart
3. Dilutes essential electrolytes

vs.

Energy Drink

A green horizontal bar with several green drips hanging from its bottom edge, representing an energy drink.

Pros:

1. tastes good
2. wakes you up
3. Mood enhancement
4. Boosts performance
5. Improves alertness
6. Improves focus

Cons:

1. Full of addicting chemicals
2. Makes you gain weight
3. Bad for your overall health

