



Rethink Your

DRINK



Less Sugar, More Water

Did you know drinking sugar-sweetened drinks on a regular basis can lead to weight gain, tooth decay and cavities, and an increased risk of type 2 diabetes, heart disease, stroke, and more?

Drinking just one sugary drink each day can put you over the daily recommended limit for added sugars, so skip them altogether and choose water instead!

What are Sugar-Sweetened Beverages?

Make Better Beverage Choices

Healthy Workplace Food and Beverage Toolkit

Vending Machine Inventory Worksheet (Beverages)

What If You Don't Like Water?

Heat Stress Hydration: Water is Enough

Resources for Your Business

Remind your team why rethinking their drink and choosing water is a healthier option. Copy, print, paste, or post these materials around your office, in common areas like the breakroom or kitchen, or share in your organization's e-newsletter or intranet.

Sip Smarter

Redo Your Coffee Shop Visit

Rethink Your Drink (CDC)

Support Local Businesses and Wellness at the Same Time

Healthy Businesses = Healthy Employees

Create a Culture of Health at Your Workplace

5 Ways to Make Your Job a Healthier Place to Work

Try These Apps and Activities

Learning to 'rethink your drink' and building healthier habits is easy with these apps and activities. Share with your team or encourage them to download and try outside of work with their families.

Sugar Content Worksheet*

Take the No Sugary Drink Pledge*

Water Bottle Tracking Sheet

Make Your Own Sugar Bottle Display*

Calorie King

Fooducate

Hydro Coach

Daily Water Tracker Reminder

MyPlate Calorie Counter

*These activities were created for children but can be used by your employees at home to teach their kids healthier drink choices.



Learn More About LiveWell Frederick | livewellfrederick.com