



**Join the challenge
and drink more
water!**

Go fizz free!

Cutting back on fizzy, sugary drinks is good for your body, your mind and your bank balance!

Did you know?

- ♥ if you drink one 500ml bottle of fizzy drink every day, it will **cost your around £438** over a year
- ♥ drinking one 330ml can of fizz a day for a year could cause you to **gain up to 1 stone** in weight
- ♥ 79% of fizzy drinks contain **six or more teaspoons of sugar**

Download our hydration booklet

We have prepared a four week hydration challenge booklet which includes reasons to stay fizz free, staying hydrated at work along with health and wellbeing information.

Find out more and download our booklet
🔗 www.behealthyatwork.org/what-we-do/fizz-free-february/