## YOU ARE LOCKING

## AT THE WORLD'S USE SIVE STORESTED ST

## **STEP 1**

Drink water instead of a sugary drink like soda, sweet tea or lemonade with lunch and dinner.

**STEP 2** Shop for new clothes.

## LOSE WEIGHT. FEEL GREAT.

Find more ways to live the good life at HoCoUnsweetened.org



Life is better here