



RETHINK
your drink

PROMESA

- ★ Prometo tomar agua cuando tenga sed.
- ★ Prometo leer la etiqueta de información nutricional en la parte de atrás de mi bebida para poder escoger bebidas saludables.
- ★ Prometo beber más _____ durante la(s) próxima(s) _____ semana(s) y menos _____.
- ★ Hago esta promesa porque _____

Firma _____ Fecha _____

www.gethealthyclarkcounty.org
GET MOVING. BE SAFE. EAT BETTER. LIVE TOBACCO-FREE.



Information based on materials originally developed by Alameda County Public Health Department and the Bay Area Nutrition & Physical Activity Collaborative. Made possible with funding from the Centers for Disease Control and Prevention.



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