

# TAKE THE ZERO<sup>TO</sup>60 CHALLENGE

**DON'T LET SUGAR SHAPE YOU.**

Can you go 30 days without sugary drinks?

**ZERO SUGARY DRINKS**

**UP TO 60 OZ OF WATER\***

\*60 oz. of water per day may not be suitable for everyone. Use discretion when consuming water to avoid over consumption which can lead to hyponatremia.

**Share your journey with us!**



@NotahBegayFoundation  
#ZeroTo60 #DontLetSugarShapeYou  
#healthykidshealthyfutures







# DON'T LET SUGAR SHAPE YOU!

Can you make it a whole month without sugary drinks? Sugary drinks lead to health problems like diabetes, obesity and heart disease. Take the Zero to 60 Challenge and drink up to 60oz. of water and no sugary drinks for a whole month.

**Share your journey @NotahBegayFoundation**

**[www.nb3foundation.org/zero-to-60](http://www.nb3foundation.org/zero-to-60)**