

# SUGAR SHOCK



YOU WOULDN'T  
EAT **18 CUBES**  
OF SUGAR ...



SO WHY ARE  
YOU **DRINKING** THEM?

There are **150 calories** in a 12 ounce can of Pepsi!

To burn those calories takes about:

- **39 minutes of walking**
- **26 minutes of aerobics**
- **16 minutes of biking**