

# YOU ARE WHAT YOU DRINK



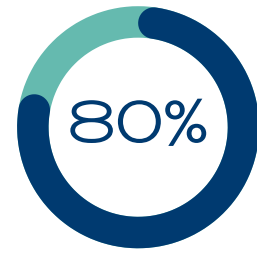
**25KG PER YEAR**

OF SUGAR BEING CONSUMED BY AUSTRALIANS IN BEVERAGES

**EVERY 5 MINUTES**

SOMEONE IS DIAGNOSED WITH DIABETES IN AUSTRALIA

**4 IN 5 AUSTRALIANS DRINK ALCOHOL**



How's your relationship with alcohol?

## BEVERAGE CHOICES



Start with water! Hydration is important for our cognitive and physical performance. Place a bright coloured water bottle at your desk as a reminder.



Try a low strength beer compared to full strength or prosecco instead of wine! These options will reduce your energy intake.

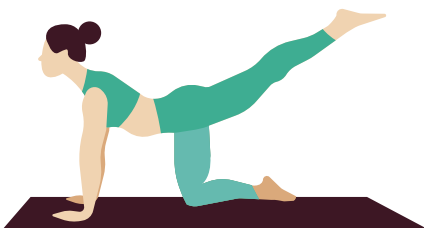


Swap a rum and coke or cocktail for a vodka soda. Not only will you reduce your calorie intake, but also keep you hydrated whilst drinking.



Limit soft drink intake and try soda water with fresh lemon or lime. Kombucha is also a great option, with a great variety of flavours.

## SOMETHING DIFFERENT?



Exercise moves oxygen around the body and brain, refreshing us!



Emotions are contagious! Spend time with friends and family.



De-stress with meditation, breathing or some self-care.