



# FLAT LINE

Could you take on the  
#GULPChallenge to  
Give Up Loving Pop  
for 21 days?

Challenge starts 8 May 2017  
Sign up online

**gulp.** *give  
up  
loving  
pop*

[www.giveuplovingpop.org.uk](http://www.giveuplovingpop.org.uk)

Drinking one can of sugary pop per day increases your risk of dying from heart disease by a third

