Platform	Date	Graphic	Сору
Twitter & Instagram	1 st Feb	It's FizzFree February NO ENERGY DRINKS NO SPARKLING DRINKS NO FIZZY POP #gofizzfree LiveWell Letocethia	Are you ready to make your home a Fizz Free Zone this February? • No energy drinks • No Sparkling drinks • No fizzy pop This February #GoFizzFree For more advice visit: It's Fizz Free February
Facebook	1 st Feb	It's FizzFree February NO ENERGY DRINKS NO SPARKLING DRINKS NO FIZZY POP #gofizzfree #gofizzfree	Ould you go the whole month without a fizzy drink? No energy drinks No Sparkling drinks No fizzy pop #GoFizzFree this February For more advice visit: It's Fizz Free February
Twitter & Instagram	7 th Feb	It's FizzFree February KEEP YOUR TEETH #gofizzfree LiveWell Letters Tee	Take the #GoFizzFree challenge this February and pledge to cut out fizzy drinks for the whole month! For more advice visit: It's Fizz Free February
Facebook	7 th Feb	It's FizzFreeFebruary SAVE MONEY LOSE WEIGHT #gofizzfree	 What are the benefits if you #GoFizzFree this February? SAVE MONEY - you could save up to £580 a year if you stopped drinking one 500ml bottle of soft drink a day. LOSE WEIGHT - drinking just one can of fizzy drink a day could add up to over a stone in weight per year.

Twitter & Instagram	14 th Feb	Did you know Young people in the UK consume more energy drinks than any other country in Europe	3. KEEP YOUR TEETH – 63% of all hospital admitted tooth extractions for 0-19, are due to tooth decay. For more advice visit: It's Fizz Free February Did you know? Leicester has 37.8% of its 5-year-old children who have 1 or more teeth decayed, missing, or filled due to tooth decay. Help your kids to #GoFizzFree this February
		#gofizzfree LiveWell	For more advice visit: It's Fizz Free February
Facebook	14 th Feb	Did you know Young people in the UK consume more energy drinks than any other country in Europe #gofizzfree #gofizzfree	Reasons to go #FizzFree during February: Tooth decay is the leading cause for hospitalisation among 0-19 year olds in the UK, with over 26,000 children being hospitalised each year due to tooth decay. Take the pledge and #GoFizzFree this February!
Twitter & Instagram	21 st Feb	THINK BEFORE YOU DRINK Did you know Drinking just one 330ml can of Fizzy a day adds up to one stone in weight per year #gofizzfree LiveWell	For more advice visit: It's Fizz Free February We're over halfway through February! Did you know drinking water instead of fizzy drinks every day, could help you lose 1 stone in weight? Just another reason to #GoFizzFree For more advice visit: It's Fizz Free February

Facebook	21 st Feb	THINK BEFORE YOU DRINK Did you know	We're over halfway through February!
		Drinking just one 330ml can of Fizzy a day adds up to one stone in weight per year #gofizzfree	Did you know some fizzy drinks contain up to 34g of sugar per 330ml can. That's about seven teaspoons of sugar!
			This is 150% of the recommended daily intake for 7-10 year olds (shocked emoji
			Swapping fizzy drinks to water could help you lose weight over a year. Just another reason to #GoFizzFree this month!
			For more advice visit: It's Fizz Free February
Twitter & Instagram	28 th Feb	Five SWAP 5	Take the healthier option this Feb and #GoFizzFree:
		FOR FRUIT	Why not swap out the fizz for homemade smoothies? They're a fun and delicious way of adding more fruit into your diet! For more advice visit: It's Fizz Free February
		LiveWell	roi more advice visit. It's rizz riee rebidary
Facebook	28 th	_	Take the healthier option:
	Feb	THINK BEFORE YOU DRINK Did you know By the age of 10, children have consumed on average	Fizzy drinks contain lots of free sugars.
		18 years worth of sugar! #go fizzfree liveWell	Free sugars are found in sweets, cakes and biscuits and can contribute to weight gain tooth decay.
			Try swapping fizz for fruit this month and #GoFizzFree this February!
			For more advice visit: It's Fizz Free February