

H₂O

IS THE WAY TO GO!!



In summer and winter you need to drink water to keep your body hydrated and working well. Every day we lose water from our body; drinking water replaces it.

**ADD
SOME
FLAVOUR**



**ALWAYS CARRY
A WATER BOTTLE
WITH YOU**



**KEEP A JUG OF
WATER IN THE FRIDGE**



16 tsp sugar



20 tsp sugar



4 tsp sugar



7 tsp sugar

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TIP!

Sweet drinks contain lots of sugar - they are special occasion drinks.

Water and low fat milk are every day drinks.

www.projectenergize.org.nz