

# Stay hydrated this summer

Keeping our kids hydrated, especially over the hot summer months, is an important part of supporting their health and wellbeing. Drinking plenty of tap water is the best way to keep hydrated and it has the added benefit of being free, containing no sugar and easy to access.

Replacing one regular 600ml soft drink with water every day will avoid consuming 25kg sugar over a year.

Drinking sugary beverages regularly can lead to weight gain and obesity. Being overweight or obese increases the risk of problems like type 2 diabetes, heart disease and some types of cancer.

So instead of grabbing a sugary drink, why not try water instead?

Here are two quick facts about drinking water:

1. Water helps to keep your body temperature normal while also lubricating your joints and protecting your spinal cord.
2. Victorian tap water is one of the cleanest and safest water sources in the world. Make the most of this amazing resource by refilling a reusable water bottle.

More information can be found at <http://www.rethinksugarydrink.org.au>



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