

Hydrate for health!



Tap water has:

- Zero sugar
- Zero calories
- Fluoride to help prevent cavities

Your body performs best in class and during exercise when you are well-hydrated.

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Tap into water!



Tap water from your school:

- Is safe
- Creates less garbage than bottled water
- Is free

If you had free water with lunch everyday instead of buying a drink, you'd save enough money to download a new song each day.

Think before you drink!



• Soda, sports drinks, energy drinks, and coffee drinks contain a lot of added sugars and little or no nutrients.

• Make water your first choice. Although diet sodas have less sugar than regular sodas, they also have artificial flavors and colors that may affect your health.

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Work out with water!



• Plain water—not sports drinks—is the best option when you are doing most exercises.

• Even people who do intensive workouts don't have to use sports drinks – they just need to eat and drink enough to keep up their energy and stay hydrated.