

WATER FIRST FOR THIRST!



Sample Web Content

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With no sugar, fat, calories or cholesterol, water is good for the body. It helps keep skin, muscles, and the digestive system healthy. Drinking plenty of water may even help you lose weight, manage stress and give you an energy boost.

The original sports drink -- drinking water...

- Hydrates skin cells
- Regulates body temperature
- Helps your body get nutrients
- Flushes out waste products

With all the health benefits of water, it is easy to see why choosing water over sugary drinks is good for your health. Did you know that a 12-ounce can of regular soda may have as much as 10 teaspoons of sugar or even more? Sugar sweetened beverages have a lot of calories and are low in vitamins and minerals.

Important for Kids

Drinking too much soda, fruit drinks, and other high calorie, high sugar drinks has been linked to overweight and obesity, especially for young children. Obesity puts children at risk for serious diseases like diabetes, heart disease and stroke. What can you do? When your child says, "I'm thirsty," offer water before any other drink. Also, be a role model by drinking water in front of children.

Make Water Fun

- Add sliced citrus fruits or berries for flavor
- Put in fresh mint or basil to jazz things up
- Have children decorate their own water cup

Make Water Easy

- Carry a water bottle with you – everywhere.
- Freeze some freezer safe water bottles for ice-cold water all day long.
- Have water available at meals and snacks

More information at [add web page for content]