

# Health & Wellbeing

February – Drink more water



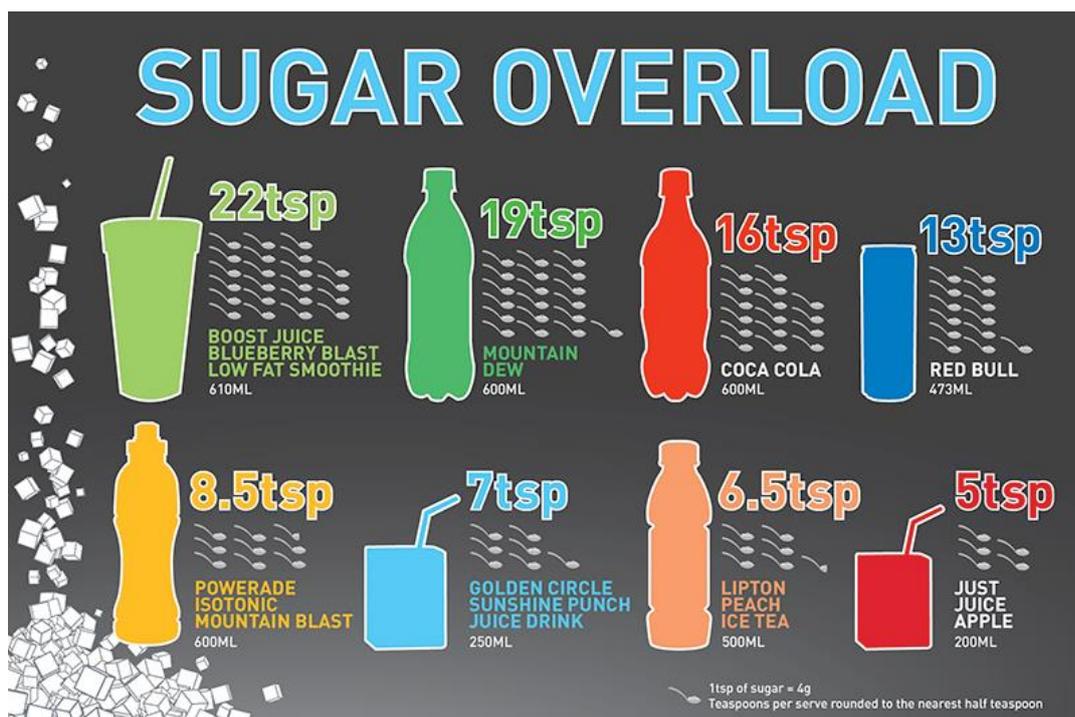
## Why is water the best drink for my health?

Water is the winning choice every time. It has no added sugar and it's not fizzy so you avoid high acid levels that can also damage your teeth. Tap water is also practically free and always handy.

## How much water should I drink each day?

The general guide for recommended total fluids per day is about 8 cups\* for women (9 cups in pregnancy and lactation) and about 10 cups for men.

## Rethink your drink





## VicHealth H3O Challenge

- Take the H3O Challenge - Switch from sugary drinks to water for 30 days and reap the rewards.
- Sign up online <http://h30challenge.com.au/> and you can start whenever it suits you. All you have to do is commit to switching sugary drinks for water for 30 Days.
- The website provides you with a personalised dashboard that keeps you in check with how many kilojoules, teaspoons of sugar and cash you've saved since starting the challenge.

### *Recipes for healthy flavoured water*

This is a great alternative to artificially sweetened drinks.



- Watermelon and Lime: Adding one medium lime sliced thinly and four cubes of roughly sliced watermelon will change up your regular water.
- Energising Orange: Mix some whole grapes and a few slices of orange together to energise your water while exercising for less than an hour. To keep the flavour going, leave the orange peel intact for a stronger flavour.
- Mighty Mango: If you have trouble finding a perfectly ripe mango, don't wait to enjoy your fruit. Remove the skin, cut up the mango and add it to your water - a healthy, quick way to use a semi- firm mango to draw out the flavour.