



Drink Up for the H₃O Challenge

South Gippsland Shire Council, Bass Coast Shire Council and the South Coast Water Partnership are encouraging local residents to sign up for VicHealth's H₃O Challenge to improve their health.

The H₃O Challenge encourages Victorians to make a simple 30-day pledge to replace every sugary drink they would normally drink with water.

Sugary drinks include sugar-sweetened soft drinks, energy drinks, fruit drinks, sports drinks, ready-to-drink iced tea, flavoured water and cordial.

VicHealth CEO Jerril Rechter welcomed South Gippsland and Bass Coast's involvement in the H₃O Challenge.

"The H₃O Challenge costs nothing and could make a big impact on your life. A regular 600ml bottle of soft drink contains about 16 teaspoons of sugar and there are around 11 teaspoons of sugar in a sports drink. You wouldn't put this much sugar in your morning coffee yet many people are unknowingly consuming such high amounts on a daily basis," she said.

H₃O Challenge Project Worker Rachel Sands expected the challenge to be a success.

"Taking the H₃O Challenge and switching sugary drinks for water for 30 days is an easy way to start making a big difference to your health.

"As part of the challenge we will be visiting community events to sign up local residents to the challenge. So join in the fun with photos and drink bottle giveaways," said Ms Sands.

To sign up for the challenge please visit www.h30challenge.com.au/lga/southgippsland or www.h30challenge.com.au/lga/basscoast according to your region.

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The H₃O Challenge is a joint initiative between South Gippsland Shire Council, Bass Coast Shire Council and the South Coast Water Partnership and is sponsored by the Victorian Government.



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