

## Workplaces Embrace H<sub>3</sub>O Challenge

South Gippsland Shire Council, Bass Coast Shire Council and organisations in the South Coast Water Partnership have been successful in implementing the H<sub>3</sub>O Challenge in their workplaces.

So far across nine workplaces over 90 people have signed up to the challenge to switch sugary drinks to water for 30 days.

Anyone is welcome to sign up to the challenge to benefit from drinking water instead of sugary drinks.

Many of those already signed up have been encouraging their colleagues to join the challenge to share the benefits including weight loss, saving money, improving heart health and reducing tooth decay.

South Gippsland Shire Council and Bass Coast Shire Council are two of the 18 Councils VicHealth is working with this year to promote the challenge.

H<sub>3</sub>O Challenge Project Worker Rachel Sands was pleased with the support received for the initiative by both organisations and residents in the region.

“We have had a large amount of interest from organisations and the community about making a change as part of the H<sub>3</sub>O Challenge to improve their health.

“Over 230 people have signed up across South Gippsland and Bass Coast, if those people have skipped at least one soft drink a day for the last two weeks that would mean that collectively we have avoided 35,420 teaspoons of sugar,” said Ms Sands.

To sign up for the challenge please visit [www.h30challenge.com.au/lga/southgippsland](http://www.h30challenge.com.au/lga/southgippsland) or [www.h30challenge.com.au/lga/basscoast](http://www.h30challenge.com.au/lga/basscoast) according to your region.

Register at the pop up events at the Sustainability Festival, Wonthaggi Plaza, Leongatha Shopping Precinct or your local TAFE to pick up a free drink bottle. Those who enter before the end of March will go into the draw to win a \$900 bicycle.

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**The H<sub>3</sub>O 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.**

