

## Last Call for H<sub>3</sub>O Challenge

South Gippsland and Bass Coast residents have until the end of April to register for the H<sub>3</sub>O Challenge.

Over 550 people in South Gippsland and Bass Coast have registered to switch sugary drinks to water for 30 days.

That is the equivalent of 182,160 teaspoons of sugar avoided if each participant has skipped at least one soft drink a day for 30 days.

Taking a break from sugary drinks can kick start weight loss and lower other health risks making the challenge a worthwhile change for improving your health.

H<sub>3</sub>O Challenge Project Worker Rachel Sands was pleased the H<sub>3</sub>O Challenge has been such a success.

“The H<sub>3</sub>O Challenge has been heavily supported by South Gippsland and Bass Coast residents who have actively made a change for their health.

“We would like to take the opportunity to congratulate everyone who registered for the challenge so far.

“Changing daily habits can be difficult at times but taking even little steps towards improving your health can make a world of difference,” 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.

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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.**



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