

Be **STRONGER**
Be **FASTER**
Be **HEALTHY**
Be **MORE ENERGISED**

**healthy
families**
Christchurch
He oranga whānau

**Koru
Games**



**CHOOSE!
WATER!**

DID YOU KNOW...

Kiwis consume an average of **37** teaspoons of added sugar a day while the recommended is just **5** teaspoons.



Be water wise



Commit to drinking water!

I, _____
will drink water
instead of sugary
drinks this month.
Print your name above.

Keep track of your
healthy drink days!
Tick a box on the
planner for every
day that you drink
water instead of
sugary drinks.

WRITE DATES HERE	S	M	T	W	T	F	S
WEEK:							
WEEK:							
WEEK:							
WEEK:							