

I choose to drink water every day I choose to change!

Here are things I can choose to do:

- Drink water instead of sweetened drinks once each day.
- Drink one bottle of water before my event.
- Drink one bottle of water after my event.
- Drink a glass of water before each meal.
- Eat fresh, juicy fruits when I am hot, like berries, watermelon, oranges, and apples.



Special Olympics
Health Promotion



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