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FEATURE:

June

Fuel your summer with water



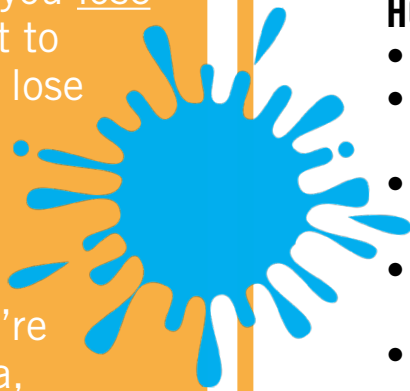
Here's how you can put 5-2-1-0 into action this month:

**WATER IS THE #1 THIRST QUENCHER!**

When you exercise or spend time in the heat, you sweat, and when you sweat, you lose water – it is important to replace the water you lose when you sweat.

**HOW MUCH WATER SHOULD YOU DRINK?**

Drink water when you're thirsty instead of soda, sports drinks or sugary drinks. Try to drink the same amount of cups (8 oz.) of water as how old you are, up to 8 cups!



**WATER RELAYS**

Splash into summer with this game – perfect for playing outdoors. Have fun and stay hydrated!

**HOW TO PLAY:**

- Establish a start line and an end line.
- Set a bucket full of water on the start line and an empty bucket on the end line.
- At the start line, fill a cup with water (or soak a sponge) using the full bucket.
- Transfer the water in the cup (or sponge) to the empty bucket as fast as you can!
- Pour (or squeeze) the water into the empty bucket. Return to the starting line.
- Set up 2 (or more) lines and make it a contest to see who can transport the most water the fastest.

The 5-2-1-0 Feature is brought to you by:



Healthiest State INITIATIVE



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FIND MORE 5-2-1-0 RESOURCES: [www.iowahealthieststate.com/5210](http://www.iowahealthieststate.com/5210)

*"Water Relays" game adapted from the 5-2-1-0 Healthy Choices Count! Recipe Book & Activity Guide. Download a copy [HERE](#).*