

## H30 Challenge



Mallee Sports Assembly is encouraging everyone to take the H30 Challenge by consuming water as the beverage of choice for 30 days. The H30 Challenge is a VicHealth initiative and part of the Regional Sport Program, participants can sign up on [www.h30challenge.com.au](http://www.h30challenge.com.au) to take part in the challenge. Giving sugary drinks the flick is one of the quickest ways to improve your health.

Recently local role models from Swan Hill participated in the H30 Challenge pictured Meagan Monk - SHRCC, Tim Free – SH Leisure Centre, Delia Baber, Steve Matthews - SHRCC and Sue Fox – SH Soccer league.