

The VicHealth Regional Sport Program will support growth in physical activity through sport while also increasing the availability and supply of water in community sport.

**MALLEE SPORTS ASSEMBLY**

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## Water

Community sport can enable healthy lifestyles through championing and supporting water as the beverage of choice.

## Activities

Strengthen individual knowledge & skills

- ◆ Providing education sessions for Club/League/Association leaders
- ◆ Promoting the health benefits of water in sports

Promoting community awareness

- ◆ Take the H30 Challenge – switch sugary drinks to water. There’s a healthy chance you may never want to switch back. [www.h30challenge.com.au](http://www.h30challenge.com.au)

Educating providers in sport sector

- ◆ Information sessions

Harnessing new & existing local partnerships

- ◆ Utilise sports coaches to promote water as first choice of beverage to participants instead of sports drinks

Changing club practises and environment

- ◆ Education sessions for Club/League/Association leaders
- ◆ Encourage clubs to have prominent displays of water and reduce the cost of bottled water

Influencing local policies and strategies

- ◆ Engaged with local government and key stakeholders to promote water as the drink of choice

**....PARTICIPATE, FEEL GREAT!**