

# Water Challenge at Gomez Heritage

The Wellbeing Partners Activate Youth (formerly Live Well Omaha Kids) delivered over 800 bottles of water to Gomez Heritage Elementary School. The students and staff are doing a water challenge, during which PE Teacher Nicole Bails is using the 5-4-3-2-1 Go!® message to teach them about how much water their bodies need and why. Once students have completed the challenge, they will earn their own reusable 5-4-3-2-1 Go!® water bottle!



The 5-4-3-2-1 Go!® message encourages kids to drink 4-8oz glasses of water daily. Helping children stay hydrated with water (rather than soda, sports drinks, or juice):

- increases their energy levels
- aides in healthy digestion
- helps maintain a healthy body weight

When children are properly hydrated, they are ready to learn, play, and live a healthy life. Visit [gonebraskakids.org](http://gonebraskakids.org) for ideas on how to increase water consumption in your own home or workplace and to learn more about the benefits of water for your body.



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