



The Healthy Hydration Company™



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PTA.org/HealthyLifestyles

Healthy Hydration Talking Points for PTA Leaders

Use these key points when talking with school leaders, community members and families about your Healthy Hydration event. All of these statistics are from Nestlé Waters North America's "[5 Reasons Why Water is Important for Kids](#)" and "[Keeping Kids Hydrated](#)."

About Healthy Hydration

- A fundamental way to stay healthy is to make sure you are hydrated every single day. However, only 50% of kids aged six to 19 are getting enough water.
- What are they drinking instead? Sugary drinks are the top source of added sugars for all Americans and the single largest source of calories for teens ages 14 to 18.
- Staying hydrated is not as hard as it seems! By keeping a water bottle in your child's lunch or snack bag, you are reminding them to drink up. You can also be a role model for your children by choosing water when presented with a beverage option.
- Make sure to keep water bottles within easy reach for your children—put it on the lowest shelf in the fridge, for example, so they can grab it on their own for easy access.

Why Healthy Hydration?

- Our children are active! They are always on the move, from school to dance lessons to soccer practice and more. When they sweat, they are losing water. In order to keep their bodies regulated, they need to replenish the water they've lost.
- The human body is composed of about 60% water on average, and almost every major system in the body depends on it. Drinking enough water does more than just satisfy your thirst. Water keeps our bodies running efficiently!

Don't Forget to Recycle!

- When you drink a bottle of water, it is your responsibility to recycle that bottle properly so it can be repurposed into another water bottle.
- It's easy to establish recycling as a healthy habit. People tend to recycle more if they have easier access to recycling bins.

Check out Nestlé Waters North America's [Healthy Hydration page](#) for more ways to drink more water and more info on why it is so important to stay hydrated throughout the entire day.