

# Rethink Your Drink!

*[Announcer] This program is brought to you by the Centers for Disease Control and Prevention.*

[Kaya] Hi kids! Welcome to CDC Kidtastics Radio! I'm Kaya Kidtastic, and today, we're talking about water!

[Caydan] Getting enough water every day is really important to stay healthy.

[Kaya] Most people get enough water by drinking it when they're thirsty and drinking it with meals. There are certain situations when we need to drink even more water, like when it's really hot out, when we're playing hard, or when we have a fever.

[Caydan] Soft drinks have water in them. Do they count as water?

[Kaya] They provide some water, Caydan, but all that sugar isn't good for us.

[Caydan] What about sports drinks or juice? They're good for us, right?

[Kaya] Water is a better choice. Actually, water's the best choice when we're thirsty, whether it's on a hot summer day or during a game of baseball!

[Caydan] Water is usually easy to find. Most of the time, there are fountains at school, on the playground, and in the park.

[Kaya] There are also a lot of really cool, *refillable* water bottles we can take with us when we play sports or go to the playground or beach—really anywhere!

[Caydan] OK! I'm going to fill up my water bottle and go play!

[Kaya] Thanks for listening to CDC Kidtastics Radio. We'll talk to you again soon. Until then... be a safer, healthier kid!!

*[Announcer] For more health information, go to [cdc.gov](https://www.cdc.gov) or call 1-800-CDC-INFO.*