

# SIP, SIP, HOORAY!



Let's celebrate what water can do for you



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This book explores the many great things water does for a child's body. It encourages self-sufficiency by helping kids learn they can be in charge of their own health, by asking for water instead of other drinks and getting their own water. Sip, Sip, Hooray! is brought to you by Rev Your Bev, the Virginia Foundation for Healthy Youth's campaign to encourage all Virginians to drink more water. Rev Your Bev promotes water as the #1 beverage of choice as a key strategy for childhood obesity prevention and brings educators, health advocates, and community leaders together to change the way Virginians think about beverages. Visit [RevYourBev.com](http://RevYourBev.com) to get involved and learn more.





It goes splish, splash, drop and drip.  
You can drink it, gulp it, chug and sip.

It doesn't look much  
like anything at all.  
But it helps your body  
grow big and tall.

So what's this thing we're talking about?

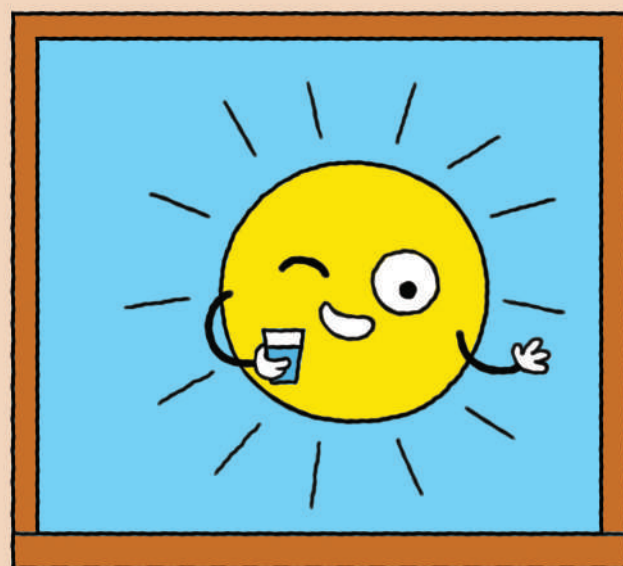


Here's a hint:  
It comes out  
of a spout.

It's water, of course!  
Which you probably knew.

Now let's go explore  
what water can do.



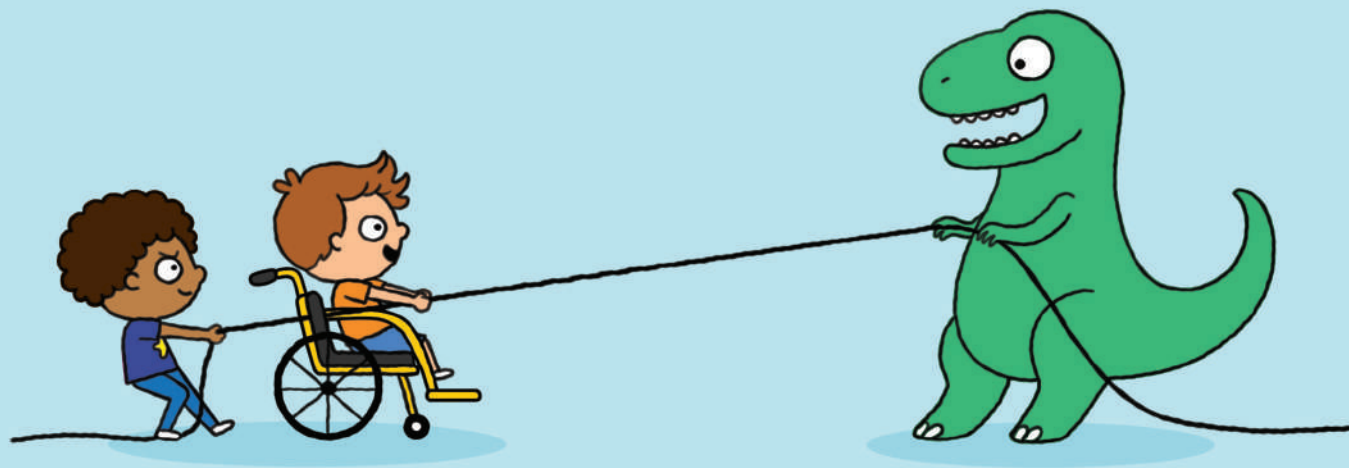


Rise and shine, the sun is up.  
Now's the time to fill your cup.

No need for a grumpy frown.  
Water turns it upside down.

A smile is just a gulp away.  
*Sip, sip, hooray!*





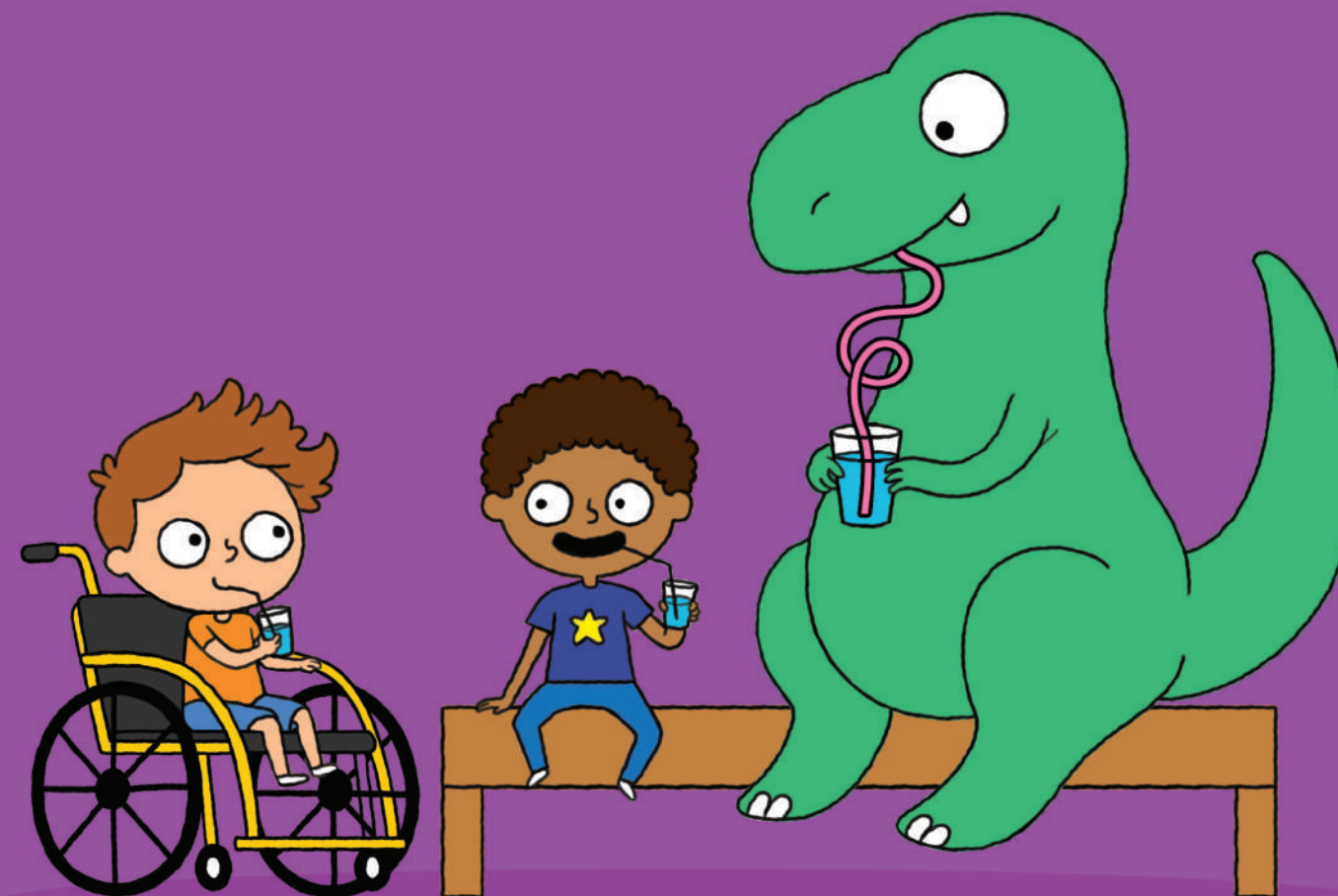
Here's something you might not know.  
Water helps your muscles grow.

Your body gets stronger with every cup.  
Your jumps get longer when you drink it up.



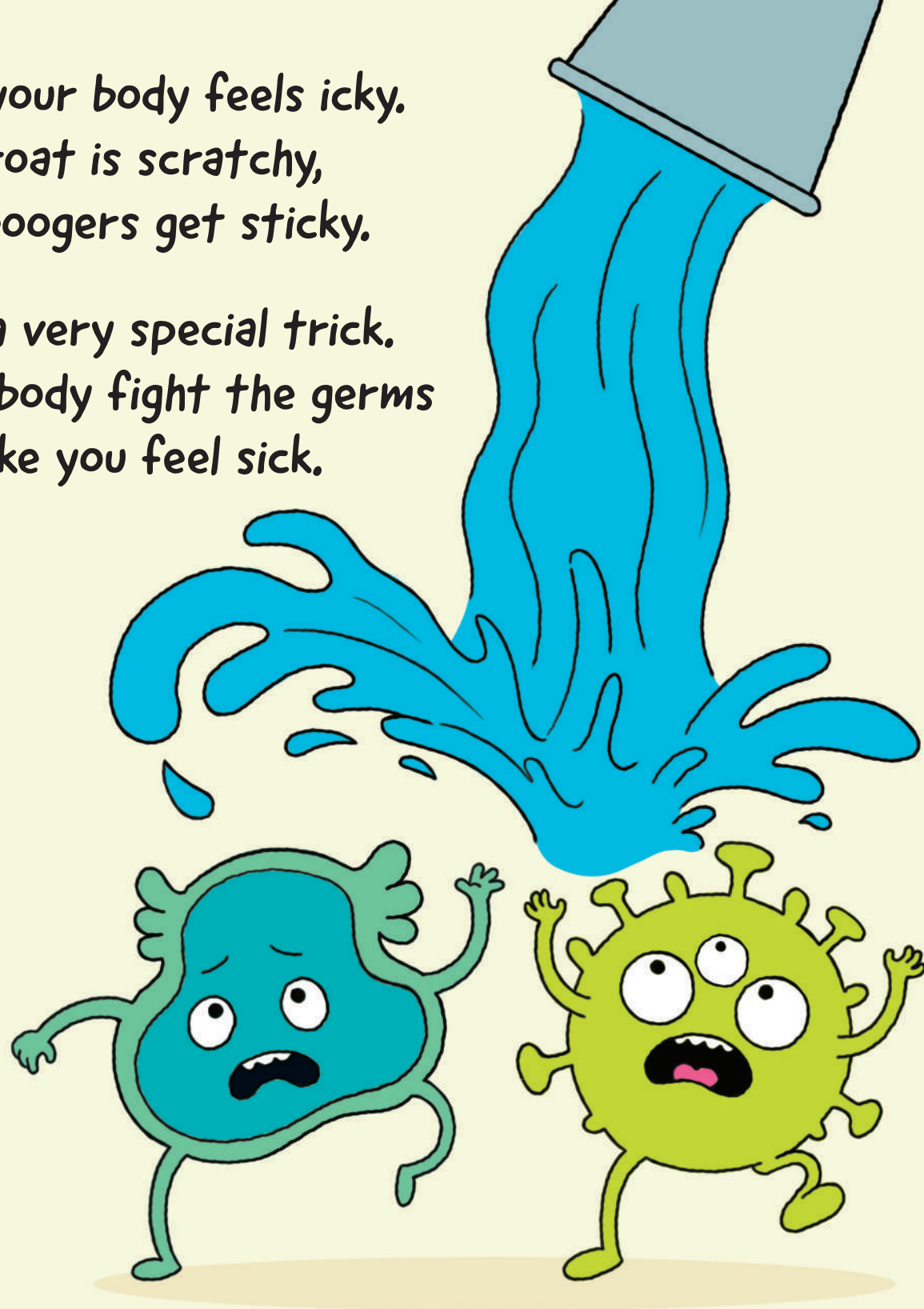
Water powers muscles  
to go all day.  
Let's hear it for water.

*Sip, sip, hooray!*



Sometimes your body feels icky.  
Your throat is scratchy,  
and your boogers get sticky.

Water has a very special trick.  
It helps your body fight the germs  
that make you feel sick.



"My sniffles are gone.  
Now I can play."  
Say it out loud,  
*sip, sip, hooray!*



Water has more wonderful surprises.  
It keeps you cool when the temperature rises.



Guess what? It gets even better!  
Water helps keep you warm in cold weather.

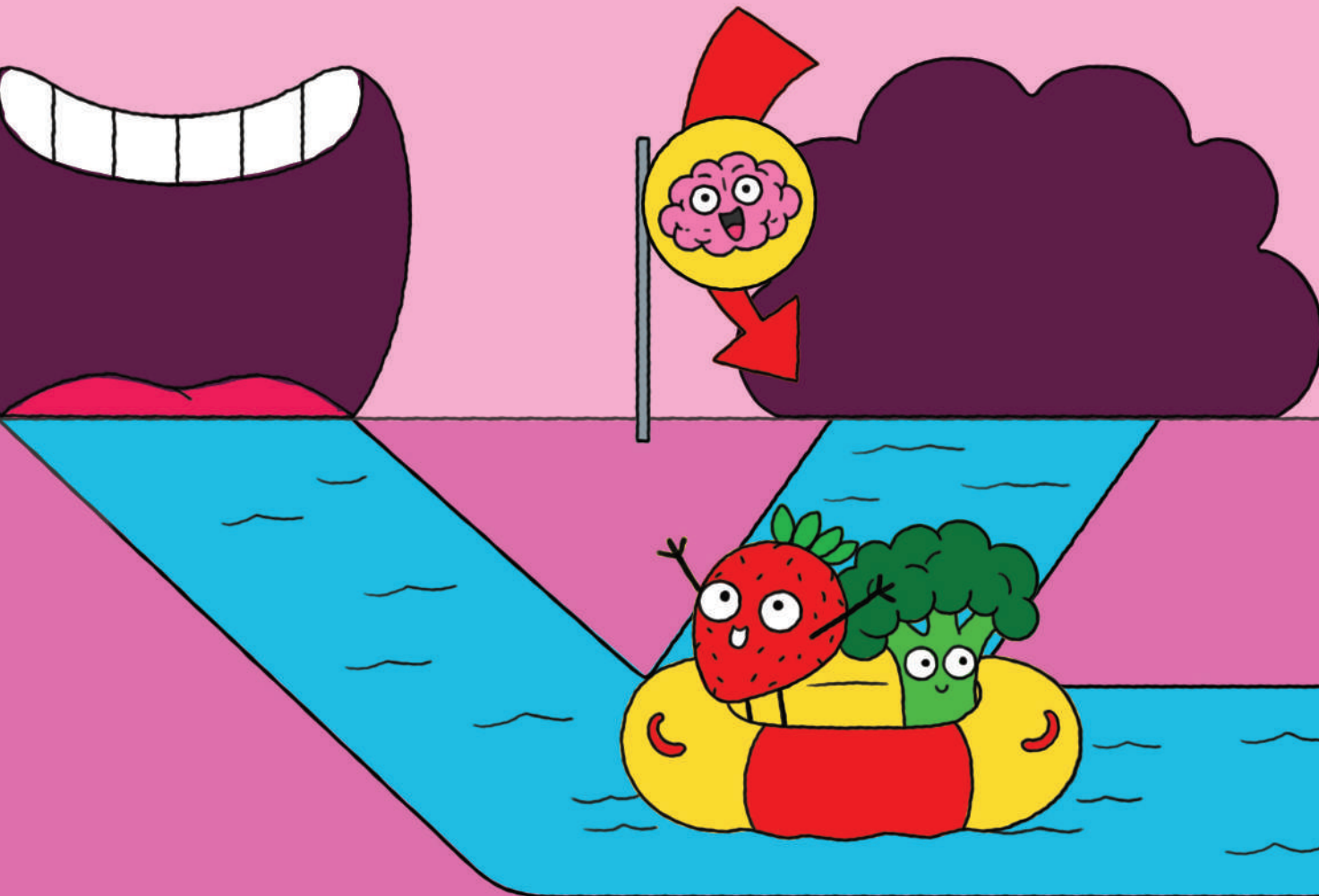
Summer, fall, winter or spring,  
water helps your body do everything.

*Sip, sip, hooray!*



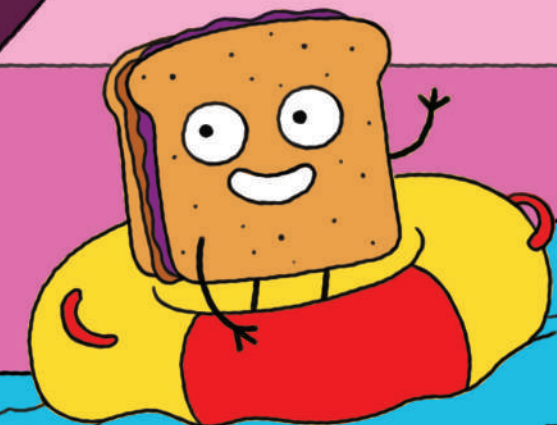
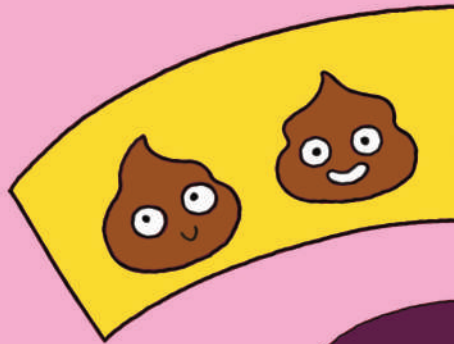
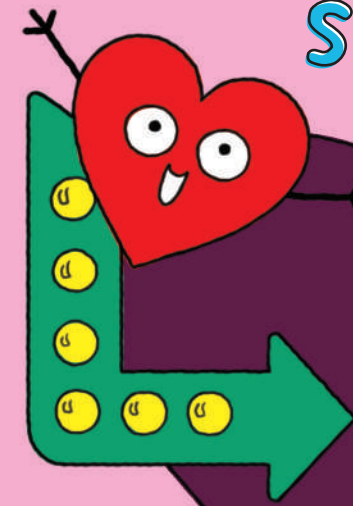
Chew on this super fun fact  
the next time you eat a snack.

Water takes your food for a thrilling ride  
from your tummy to your toes and everywhere inside.



Moving nutrients where they need to go  
to help your body grow, grow, grow!

Now once again it's time to say,  
*sip, sip, hooray!*



EXIT

TOES



There's one more amazing  
thing that water can do.

Imagine a waterslide  
that helps you go poo.

"Water even helps me on the potty?"  
It's true! Water is good for everybody.

*Sip, sip, hooray!*





Water does the most amazing stuff.  
Just make sure to drink enough.

So go ahead and fill your cup.  
Sip it, gulp it, drink it up.



And on the count of 3, let's all say ...

1, 2, 3

*Sip, sip, hooray!*





Disfruta este libro  
en Español en  
**RevYourBev.com**