

# Choosing Water Helps Reduce Risk Of Type 2 Diabetes



Just Water is the only water cooler company in New Zealand to offer DrinkSafe® International Servicing and Sanitising, along with ABWI certified water delivery, so you can be sure you're getting the very best for your staff and customers.

The International Bottled Water Association (IBWA) recently issued the following statement in response to findings related to healthful hydration, at the Sustaining the Blue Planet: Global Water Education Conference. "The findings, presented during the conference's Healthy Hydration Symposium, show that proper hydration, such as choosing water, can reduce weight gain and contribute to risk reduction of type 2 diabetes. This research reinforces the important role of drinking water, including bottled water, as part of a healthy lifestyle.

"Making the smart choice to hydrate with water can help everyone reap lifelong health rewards. We believe that educating children on hydration plays a significant role in obesity prevention initiatives worldwide. These positive messages reinforce the recently launched United States Department of Agriculture's (USDA) Choose My Plate programme to encourage healthy eating, which recommends drinking water instead of sugary drinks. In addition, First Lady, Michelle Obama's 'Let's Move' campaign, also urges children to opt for water when they are thirsty.

"Drinking water, including bottled water, instead of sugared beverages can reduce your caloric intake; which can help maintain your weight as part of a healthy lifestyle. We encourage consumers to take notice of these important findings and make simple, smart choices in their daily life and choose water, whether at home, at the office or on the go."

Staying with the healthy theme, Just Water is the only water cooler company in New Zealand to offer DrinkSafe® International Servicing and Sanitising, along with ABWI certified water delivery, so you can be sure you're getting the very best for your staff and customers. DrinkSafe® International is the leading Code of Practice for hygiene and sanitising water-coolers in New Zealand. The DrinkSafe® International management system is accredited with AS/NZSISO9001:2008. It meets with all OSH standards and is acknowledged as the most professional service within the industry. This means that Just Water customers get the highest quality drinking water available.

Getting healthy has never been easier as more and more people are choosing water as their preferred beverage to improve their health and well-being. There are several reasons why so many people are also choosing Just Water and the main one is that Just Water is more affordable than any other retail drinking water option available. Also, the quality of their water is internationally certified and as good as any supermarket brand, if not better and of course, bulk delivery is more environmentally friendly.

For further information please visit their website at <http://www.justwaternz.co.nz> .

## Contacts

Just Water International

mailto: