As a result of rising childhood obesity, Michelle Obama and others have encouraged changes to school vending machine contents. Instead of filling vending machines with soda and sugary carbonated beverages, she suggests that vending machines contain only healthy drinks like water. While this comes as a disappointment to many, they benefits are enormous. **Schools should only allow water in vending machines.**

E1 **Students who are well-hydrated perform better academically**. W1 Students who drink more water tend to be more alert in classes. This will allow students to perform better on assignments and tests. With more water, the brain functions better. If the vending machines have only water, students are likely to be more hydrated and perform better in their classes.

E2 **Not only does water help the brain, but it helps the whole body.** Allowing only water in school vending machines has great physical benefits. W2 Well-hydrated athletes perform better in their sporting events. Carbonation is particularly hard on athletes. With only water as an option in the vending machines, school sports teams will be much more successful.

E3 **Besides the academic and physical benefits, water in the vending machines will help students financially.** W3 Typically, students get addicted to sugary carbonation, motivating them to spend more money on vending machine drinks. Having only water in the vending machines will encourage them to save their money.

Schools should only allow water in the vending machines. The academic, physical and financial benefits are tremendous. Students will perform better both in school and in sports and will become more financially-savvy as they save more. While many students feel this limits their ability to choose, drinking carbonation actually limits students because it stunts their intellectual and physical abilities.

Looking at the other side: While some say that drinking soda is crucial to keeping them awake in school, carbonation is not the answer. Drinking carbonated beverages does not solve the root of the problem. It is a temporary solution that has harmful side-effects.