

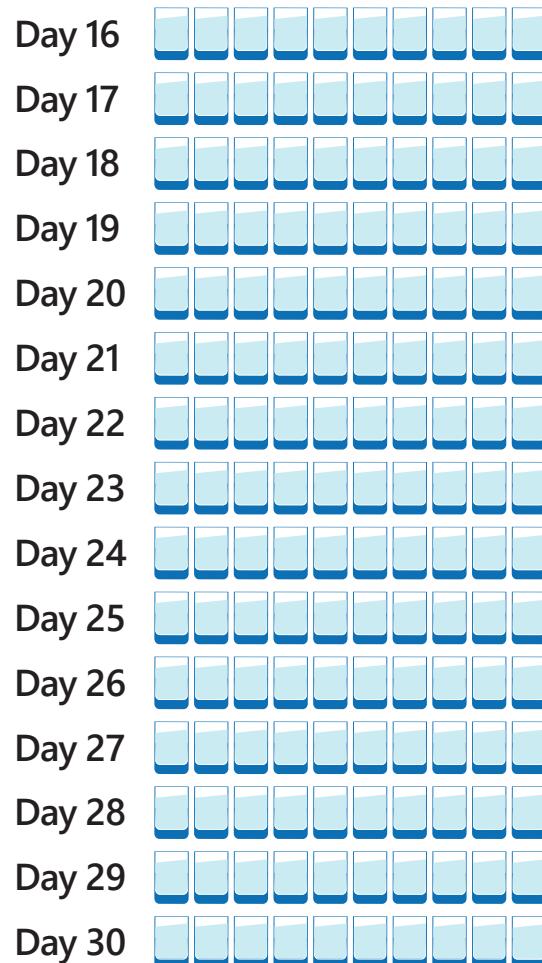
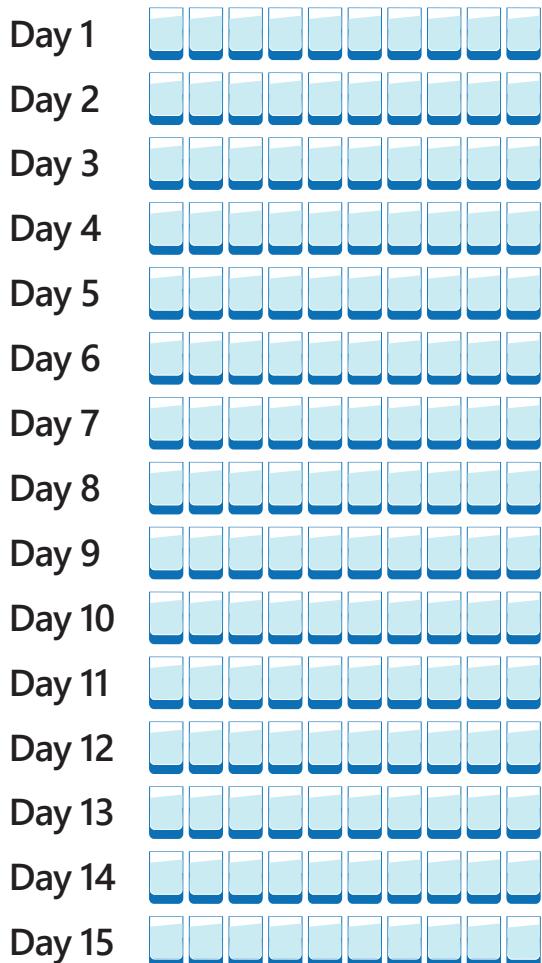
# Hydration challenge

**Goal: Drink 6-8 cups of water every day for 30 days.**

A cup equals 8 ounces of water. If you are already drinking 8 cups of water, consider adding an additional 8 ounces each day.

Name: \_\_\_\_\_ Current daily average: \_\_\_\_\_ Daily goal: \_\_\_\_\_

## 30 Day Hydration Challenge



Keep in mind that your body requires more water when you are in hot climates, are more physically active, have a fever, or are experiencing diarrhea or vomiting. Consult your primary care provider with any concerns.

## Tell me about water

It's important to get enough water every day to help support a healthy body. Water is the most essential component of your body and diet. Much of your fluid intake comes from beverages you drink at meals and throughout the day. You can also get water from foods that you eat.

### Water helps you:

- Keep your temperature normal
- Form saliva
- Increase energy and brain function
- Flush toxins and waste out of the body
- Relieve headaches, cramps and sprains
- Lubricate and cushion the joints
- Aid in digestion and fueling your body with nutrients
- Manufacture hormones
- Maintain elasticity in your skin
- Allow for maximum athletic or fitness performance

### Getting your water from fruits and vegetables

According to the Institute of Medicine, 20 percent of your daily water intake comes from the foods you eat. Consider adding some of these high water content foods to your diet:

- 90-99%** Asparagus, cucumbers, cabbage, celery, cauliflower, spinach, lettuce, Swiss chard, squash, radishes, tomatoes, turnips, cantaloupe, strawberries, watermelon, grapefruit
- 80-89%** Brussels sprouts, carrots, broccoli (cooked), kale, apples, blueberries, grapes, oranges, pears, pineapple, kiwifruit, mangoes, apricots, blackberries
- 70-79%** Avocados, sweet potato (baked), corn (cooked), bananas

### Tips for drinking more water

- Always have a water bottle with you so you have easy access to water any time of day.
- Use a marker to timestamp your water bottle with the hour of the day. Set a goal to drink to that level on your water bottle by the indicated timeframe.
- Set an alert on your calendar every hour, and drink 4 ounces of water with each alert.
- Drink water instead of sugar-sweetened beverages, especially during exercise. This can help save you hundreds of calories and a lot of sugar.
- Choose water with all of your meals to increase your intake, save money and reduce calories.
- Add lemon, lime, cucumber, mint or other fruits or vegetables to bring some zest to the taste.
- On hot days, freeze a water bottle that will melt throughout the day and stay cold.

