AUGUST WELLNESS CHALLENGE

Drink 8 to Hydrate

Did you know that water makes up more than HALF of your body weight? Every cell, tissue and organ in your body needs water to function correctly. So, how much water do you really need?

Though not an exact science, drinking around 8 glasses per day is widely suggested because it’s both safe and easy to remember. It is also an excellent way to 1) promote hydration, 2) stay healthy and energized and 3) reduce excessive consumption of beverages such as soda, juices, coffee etc. This is why the HealthSmart Wellness team wants to encourage consistent consumption of water.

For this monthly challenge simply Drink 8 to Hydrate!

CHALLENGE RULES

• Fill out your name, email and employer at the top of your Challenge Log.
• Record your results daily on your Challenge Log by checking off one water droplet for each 8 ounce glass of water you drink.
• The challenge goal is to drink 8 glasses of water each day.
• Submit your completed Challenge Log by September 5th to Gloria Oakley.

The Power of Hydration!

Most of us understand that staying hydrated is an important part of a healthy lifestyle, but what does water really do for our bodies?

Water is essential for human life – we can survive only a few days without it. You are actually losing water all day through your breath, sweat, urine and bowel movements. Caffeine and alcohol can act as diuretics, resulting in the need to drink even more water because they often induce fluid loss. Other factors that influence water needs are: exercise, weather, illnesses or heath conditions, and pregnancy or breast-feeding.

Hydration Benefits

Water helps us stay healthy and energized. It helps to:

• Control our body temperature
• Aid in digestion
• Carry nutrients around the body
• Cushion organs and joints
• Rid the body of waste
• Keep our bowels regular

Source: www.mayoclinic.org

Hydration Tips

• ELIMINATE SUGAR. Drink water instead of sugary drinks when you’re thirsty. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.
• THRIFTY OPTION. Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.
• ON THE GO. Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or brief case to quench your thirst throughout the day. Reusable bottles are also easy on the environment.
• GIVE IT A TWIST. Add flavor to your water by dropping in some slices of fresh lemon, lime, cucumber, or strawberries, or even add some fresh herbs such as mint.
**Challenge Log**

**August 2014**

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*Consult with your physician before changing your health habits*

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**Wellness Coach Team Contact Information:**

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