



Drink More Water

CHALLENGE

Drink 40 to 64 ounces of water a day.

Requirements to Complete this HEALTH CHALLENGE™

1. Read "Drink More Water."
2. Drink 40 to 64 ounces of water a day on at least 22 days this month.
3. Keep a record of your completed challenge in case your organization requires documentation.



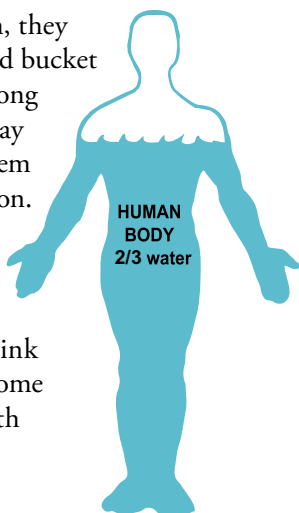
Fill Up Your Cup

When 16-year-old Amber Burkett boarded a tour boat in Honduras with eight other people, she was expecting to enjoy a sight-seeing trip in the Caribbean

Sea. But after hours on the water and miles from shore, the boat ran out of gas. There was no food or water on board, and no way to call for help. And she knew she and her fellow passengers were in trouble. Without water, they wouldn't survive more than a few days.

Fortunately, quick thinking and resourcefulness saved Burkett and the other eight people on the boat. When storm clouds rolled in, they set out every bowl, cup, saucer, and bucket on deck. And they survived four long days at sea sipping rain water to stay alive before rescue crews found them floating miles from their destination.

Your body is made up of about 60 percent water. It's essential for a healthy functioning body. And most people need to drink more of it. Fill up your cup, add some ice, and take the month-long health challenge to Drink More Water.



Take the Drinking Water Quiz

How much do you know about the health benefits of drinking water? Take this quiz to find out.

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1. Water does not help regulate your body temperature.
2. Your body needs water to help maintain normal bowel function.
3. Drinking juice or diet soda can help you control calories and lose weight as well as drinking water.
4. Proper hydration helps protect your brain, spinal chord, muscles, and other tissues.
5. Drinking too much water can be dangerous.

1. False 2. True 3. False 4. True 5. True

If you answered any of these statements incorrectly, you may benefit from learning more about the health benefits of drinking water. Your body is made up of about 60 percent water. Water helps keep your body cool. It also provides needed hydration to support circulation, digestion, brain function, and physical activity. Adults should aim to drink 40 to 64 ounces of water per day through drinking and food sources.

Source: Centers for Disease Control and Prevention

Why You Need Water

If Bukett and the others on board the boat didn't have safe water to drink, the outcome of their four-day ordeal could have ended very differently. If you don't have enough water in your body, a variety of very serious health problems can occur. Dehydration can cause headaches, constipation, kidney stones, and impaired circulation. In hot weather, poor hydration can also lead to heat exhaustion and heat stroke. Water is an essential nutrient your body needs to:

- ✓ Keep your skin soft and smooth
- ✓ Keep your body cool and operating at peak efficiency
- ✓ Prevent fatigue
- ✓ Improve physical performance
- ✓ Improve circulation
- ✓ Support brain function
- ✓ Help your kidneys purify blood and remove waste

Hydrate for Prevention and Performance

Being adequately hydrated by drinking water and eating healthy foods that contain water can help prevent disease and support physical performance.

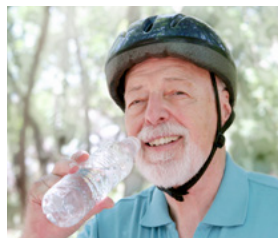
A 10-year Harvard study that followed 47,090 men found that those who drank 6 or more glasses of water a day cut their risk of bladder cancer by 50 percent, compared to those who drank very little water.

A separate study at Loma Linda University found that drinking at least 5 glasses of water a day reduced the risk for heart attack and stroke by 41 percent in women and 54 percent in men. Researchers also found that other beverages like coffee and soda pop did not have the same protective effect.

Proper hydration also helps improve physical performance by supporting your muscles and cushioning your joints.

10 Reasons to Drink Water
<http://tinyurl.com/yancxlr>

How Much Water Should I Drink?



Most health experts recommend drinking 5 to 8 glasses of water daily. That's about 40 to 64 ounces of water. Food sources like fruits and vegetables also contain water that can

help hydrate your body. Caffeinated and alcoholic beverages do contain water, but they can increase urination and actually lead to dehydration.

Aim to drink 40 to 64 ounces of water a day. And if you're physically active, at higher altitudes, or in hot conditions, you'll need more. A simple rule to see if you are drinking enough water is to check your urine. If it's dark and smells, you need more water. If it's nearly clear, you're doing great.

The Danger of Drinking Too Much Water

It doesn't happen often, but it is possible to drink too much water. And that can be dangerous. Just because adequate water is important for your health doesn't mean drinking twice as much is always better. Too much water dilutes the body's electrolytes and sodium levels, and this leads to a serious condition known as hyponatremia. Drinking too much water can cause headaches, stomach cramps, vomiting, lethargy, seizures, loss of consciousness, and even death.

Ways to Drink More Water

If you want to drink more water to improve your health, there are many things you can do to develop this healthy habit.

- Drink a glass of water in the morning when you first wake up. Have a glass of water when you get home. And drink a glass of water before going to bed.
- Drink before any physical activity such as walking, hiking, or biking. Drink at least every 30 minutes during moderate activity.
- Keep a bottle of water beside your desk at work. Drink often throughout the day.
- Drink before your meals. Water can help suppress your appetite if you're trying to lose weight.
- Carry water with you when traveling. Drink often when you're on a plane.
- Fill a water bottle and freeze it. Take it with you for an ice-cold drink later in the day.
- Drink water in place of caffeinated beverages, alcohol, and sugar-sweetened drinks.

If your water doesn't taste good, filter it. Keep a pitcher in the fridge, or buy bottled water. Or add lemon or lime slices to water to improve the flavor.

With a little effort, you can make drinking more water a healthy habit. It's easy to do, and it's inexpensive. More than 25 percent of bottled water comes directly from municipal water sources, the same place that tap water comes from. So in most cases, all you need to do is fill up a glass or your water bottle to enjoy a cool, refreshing, and healthy drink.

Rethink Your Drink

When it comes to weight loss, water is the best diet drink available. It's free and contains zero calories and no sugar or caffeine. Compare zero-calorie water to the calorie count of other common beverages here: tinyurl.com/nq636j



Try the "Water Your Body" App

Your smartphone can help you remember to drink water throughout the day.

- Android - <http://tinyurl.com/kgx2pho>
- iPhone - <http://tinyurl.com/mcxw8yt>

Sources: Centers for Disease Control and Prevention.; New England Journal of Medicine.; American Journal of Epidemiology.; U.S. Department of Agriculture.; Harvard School of Public Health.; U.S. Environmental Protection Agency.





Drink More Water

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Drink 40 to 64 ounces of water a day.

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Record the number of days you drink at least 40 to 64 ounces of water.
3. Use the calendar to record the actions and choices you make to help drinking more water become a regular part of your life.
4. At the end of the month, total the number of days you drank at least 40 to 64 ounces of water. You must do this on at least 22 days this month to complete this challenge. Then keep up the practice for a lifetime of best health.

MONTH: _____							HC = Health Challenge™ ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary
HC ☐ ex. min. _____	HC ☐ ex. min. _____	HC ☐ ex. min. _____	HC ☐ ex. min. _____	HC ☐ ex. min. _____	HC ☐ ex. min. _____	HC ☐ ex. min. _____	
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- Number of days this month I drank at least 40 to 60 ounces of water
- Number of days this month I got 30+ minutes of physical activity such as brisk walking

Other wellness projects completed this month:

Signature _____ Date _____

