Health Benefits of Water

- Maintains body temperature
- Lubricates and cushions joints
- Protects sensitive tissues
- Gets rid of bodily waste
- Increases energy and relieves fatigue
- Improves skin complexion
- Promotes weight loss by filling your stomach and reducing hunger

How much water should I drink every day?

**General Daily Recommendations**
- Women: ~ 9 cups (72 ounces) of water
- Men: ~ 12.5 cups (100 ounces) of water

Don’t like plain water? Try adding:
- Fresh or frozen fruit (grapefruit, strawberries, orange, lemon, lime)
- Sliced veggies (cucumber, ginger)
- Herbs (mint, basil, lavender)
- Choose sparkling or mineral water instead of soda
- Try diluting sugary drinks (lemonade or iced tea) with water or ice using a 1:1 ratio

Factors that can increase your water needs include:
- Hot or humid environments
- Sickness
- Pregnancy
- Exercise

Hydration Hints
- Drink a glass when you wake up
- Drink a glass of water between and during each meal
- Drink water before, during and after being physically active

30 Day Water Challenge

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### 30 Day Water Challenge

1 cup = 2 cups (16 ounces) of water

Color in droplets to keep track of the water you drink!

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<th>Day 1</th>
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Name: ____________________
Department: _______________

Submit this log to Tiffany Lein by May 15th. The 1st 50 employees to turn in a log will receive an employee wellness water bottle!