

HEALTHY HYDRATION

BUILDING HEALTHY COMMUNITIES



Our bodies are made up of approximately 70% water! Water has many important functions in the body, like helping regulate your body's temperature, aiding digestion of food and excretion of waste. Bodies lose water throughout the day through sweat, breath, and urine. *It's important to replace the water lost throughout the day, to prevent dehydration!*



AM I DEHYDRATED?

Warning signs could be:

- Poor concentration
- Headaches
- Thirsty
- Cracked lips
- Dry mouth
- Constipation
- Lethargy
- Dark urine



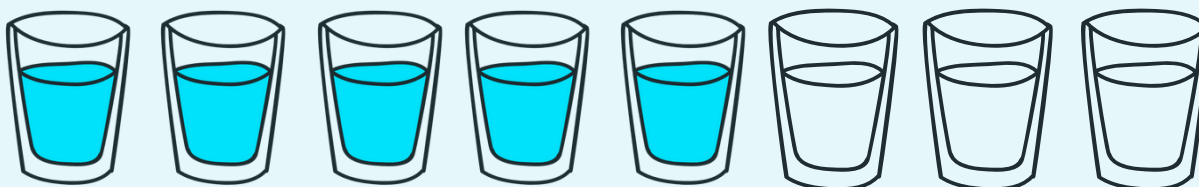
TIPS FOR STAYING HYDRATED:

- Drink a glass of water as soon as you wake up.
- Flavor your water.
- Drink water before your meals.
- Fill your diet with foods high in water.
- keep a reusable water bottle with you.
- Set reminders.
- Replace other drinks with water.
- DON'T WAIT TILL YOU'RE THIRSTY!



*Water is the best choice to keep you hydrated throughout the day, limit drinks with added sugar! Try using a **water tracker** for a fun way to make sure you're staying hydrated!*

WATER TRACKER



GOAL:
64OZ



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












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WATER TRACKER








STAFF HYDRATION CHALLENGE

















DAY 1: 








DAY 2: 








DAY 3: 








DAY 4: 








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DAY 6: 








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

DAY 8: 

DAY 9: 

DAY 10: 








DAY 11: 








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
DAY 13: 








DAY 14: 








DAY 15: 








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DAY 17: 








DAY 18: 








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


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




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




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


DAY 23: 

DAY 24: 

DAY 25: 

DAY 26: 

DAY 27: 

DAY 28: 

DAY 29: 

DAY 30: 

Staff Name: _____

Challenge Start Date: _____

Total ounces of water drank: _____

Challenge End Date: _____



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FLAVOR YOUR WATER

The simplest way to infuse water with fruit and vegetables is to combine the two and let them sit. With sliced lemons, limes and other juicy citrus fruits, infusions can be done in minutes. Fresh herbs and denser produce, such as cucumbers or apples, need a bit more time — a few hours or even overnight.



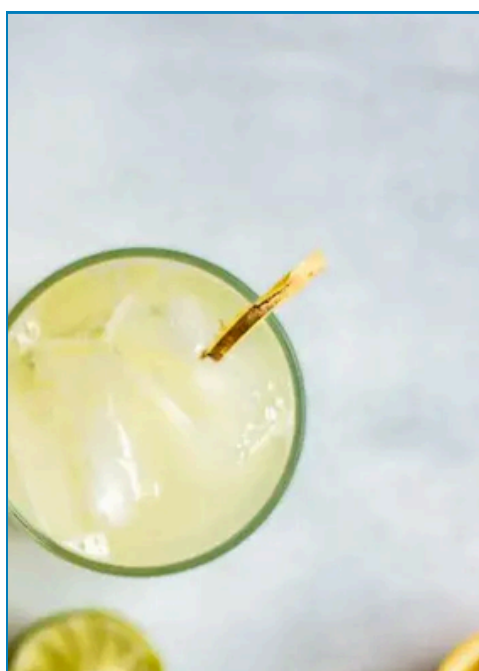
Cucumber Lemon Mint



Blueberry Orange



Strawberry Basil



Ginger & Lime



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