Don't Wait, Hydrate! Challenge

Track at least 8 cups (64 ounces) of water and other healthy fluids for 21 days between March 1st - March 31st. Click below for tools to help you stay hydrated.

What does water do for you?
Drink to Your Health! Healthy Hydration Options
Keeping Afloat - Tips for Staying Hydrated
Sugar Swap - Avoiding Sugar Sweetened Beverages
Staying Hydrated When You Exercise
Keep Pouring it On - Setting Next Steps
What Does Water Do for You?

The human body is made up of about 60% to 70% water. And your body needs water to work.

**Keeps your body running**
- Allows your cells to grow, reproduce, and survive
- Carries oxygen and nutrients through your bloodstream
- Carries waste out of your body
- Regulates your body temperature
- Improves your mood
- Reduces tiredness
- Helps skin retain moisture and elasticity, making you look and feel better
- Makes you more alert

**Enhances your performance**
- Lubricates your joints
- Cushions your brain and spinal cord
- Staves off fatigue and muscle cramps
- Pumps blood more easily through the heart
- Drinking cold water may help boost metabolism.
- Drinking water when you want a snack will help you decide if you are really hungry or just thirsty.
- Drinking 16 oz. (2 cups) of water 30 minutes before a meal can reduce your appetite.

**Makes you feel better**
- Helps you manage weight

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Drink to Your Health!

Drinking water is the best way to keep hydrated. But, there are other ways to keep the fluid flowing. Try mixing it up with some tasty, healthy options.

Put some extra splash in your water.

- **Add some slices of fruit such as lemon, lime, or orange to your water bottle.** Not only will you get some added vitamins and minerals from the fruit, it will also liven up the flavor a bit.

- **Try out a home carbonator system to add some bubbles to your water.** You can even add some fruit to bump up the flavor.

- **Opt for some sparkling-water options that you can find in most grocery stores.** These have become popular and offer a bubbly change of pace.

Keep yourself afloat with foods, too. Foods supply us with about 20% of our water intake. Think about using soups and yogurt. And check out fruits and vegetables. Certain ones have more water than others. Try adding some of these choices to your daily routine, as snacks or part of a meal. Not only will they give you extra water, they’re also brimming with nutrients!

### Top 10 High-Water-Based Fruits and Veggies

<table>
<thead>
<tr>
<th>FRUITS</th>
<th>VEGGIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Watermelon</td>
<td>Lettuce</td>
</tr>
<tr>
<td>Strawberries</td>
<td>Celery</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>Bok choy</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>Radish</td>
</tr>
<tr>
<td>Peach</td>
<td>Cucumbers</td>
</tr>
<tr>
<td>Asian pear</td>
<td>Zucchini</td>
</tr>
<tr>
<td>Blackberries</td>
<td>Watercress</td>
</tr>
<tr>
<td>Papaya</td>
<td>Tomato</td>
</tr>
<tr>
<td>Nectarine</td>
<td>Green bell pepper</td>
</tr>
<tr>
<td>Plum</td>
<td>Asparagus</td>
</tr>
</tbody>
</table>

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Tips for Keeping Afloat

Making sure you get enough water and fluids throughout your day can be easily done. Here are some handy tips for keeping afloat.

• Always keep a bottle of water within sight.
• Use a straw. Straws make you drink faster, so you're likely to drink more with each sip.

• Drink some water every time you get up to take a break or use the bathroom.
• Mark your bottle or container with a timeline to show your progress.

• Refill your bottle or cup every time you empty it.
• Infuse your water with fresh fruit, such as strawberries, or vegetables, such as cucumbers.

• Sip some water before meals or snacks.
• On your smartphone or other device, set reminders to drink water.

Remember:
It’s not all about water — it is OK to drink other healthy beverages as well. There are many low-sugar or no-sugar options on the market. There’s likely one or two that you will enjoy!
When you want a drink, do you reach for that can of soda? That frozen cappuccino with whipped cream? That tall glass of fruit punch? That can of energy drink? Well, if you do, then you’re drinking beverages that have added sugar. Although they can help you keep hydrated, these sugar-sweetened drinks are linked to weight gain, type 2 diabetes, heart disease, kidney diseases, and tooth decay among other conditions. It’s time to swap out those sweet drinks with something healthier. Here are some suggestions.

<table>
<thead>
<tr>
<th>Instead of these</th>
<th>Try these</th>
<th>Tried it!</th>
<th>Liked it!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular soda</td>
<td>Diet soda*</td>
<td>Green</td>
<td>Orange</td>
</tr>
<tr>
<td></td>
<td>Water with fresh fruits or vegetables such as lemon, lime, strawberries, or cucumbers</td>
<td>Green</td>
<td>Orange</td>
</tr>
<tr>
<td>Sweetened tea</td>
<td>Unsweetened tea with lemon, lime, or mint</td>
<td>Green</td>
<td>Orange</td>
</tr>
<tr>
<td>(hot or iced)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Specialty coffees</td>
<td>Specialty coffees with lower-sugar or artificial sweeteners and low-sugar syrups*</td>
<td>Green</td>
<td>Orange</td>
</tr>
<tr>
<td>(hot, iced, or frozen)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Energy drinks</td>
<td>Fresh fruit-and-yogurt smoothie</td>
<td>Green</td>
<td>Orange</td>
</tr>
<tr>
<td>Juices with added sugar</td>
<td>100% juice cut with water</td>
<td>Green</td>
<td>Orange</td>
</tr>
<tr>
<td></td>
<td>Sparkling or mineral water</td>
<td>Green</td>
<td>Orange</td>
</tr>
</tbody>
</table>

*No added sugar is best. But if you are having trouble kicking the sugary drink habit, try beverages with artificial or low-calorie sweeteners for a short time. Research has shown that these can be used as a temporary replacement to lower your intake of sugar-sweetened beverages.
Staying Hydrated When You Exercise

Ready to exercise? Grab your water bottle! Staying hydrated helps your heart and muscles work more efficiently. Water is the best fluid choice for when you exercise up to an hour. You can consider sports drinks with electrolytes for exercise sessions that exceed 60 minutes, or are very intense.

DRINK UP!

BEFORE exercise
Drink about 2 cups of water (16 oz.) 2–3 hours before you begin.

DURING exercise
Drink about 1 cup of water (8 oz.) every 10–20 minutes.

AFTER exercise
Drink 1 cup of water (8 oz.) within 30 minutes after you finish.

Tip

Don’t wait until you become thirsty to drink. If you are thirsty, you’re already dehydrated!

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To be more ready to stay hydrated, I can:

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_____________________________________________________________________________
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To add more healthy choices for how I’m getting fluids in at work and home, I can:

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To add a social aspect, I may want to invite these people to join me:

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