

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.

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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

Enhances your performance



Makes you feel better

Helps you manage weight

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

FRUITS	VEGGIES
Watermelon	Lettuce
Strawberries	Celery
Grapefruit	Bok choy
Cantaloupe	Radish
Peach	Cucumbers
Asian pear	Zucchini
Blackberries	Watercress
Papaya	Tomato
Nectarine	Green bell pepper
Plum	Asparagus



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!

Sugar Swap

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.

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

*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.

Tip

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

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.



Keep Pouring It On

Here are the next steps I want to try. They will help me make healthy choices to keep pouring it on to stay hydrated. And my body will reap the rewards!



➔ To be more ready to stay hydrated, I can:

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

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