



# challenge

In Good Health

July 2010

## DRINK UP! HYDRATE YOUR WAY TO GOOD HEALTH

Did you know the human body is 50-75% water? This means there are about 10-12 gallons of water floating about and doing good works on the inside of you! Water is necessary for proper kidney function, urine production, and regulation of body temperature. It is vital for just about every system in the body and we cannot live without it. But water is easily lost throughout the day, with the average person losing about 10 cups of water (and even more if it's hot and humid outside) each day. For optimal health you need to replace that water. Making sure your body is well hydrated is an important part of your daily regimen.

### HOW MUCH SHOULD YOU DRINK?

According to the American Dietetic Association, men should consume about 3.7 liters (about 13 cups) and women should consume about 2.7 liters (about 9 cups) daily. Sound like a lot? It is, but water can come from many sources, including the foods we eat. For example, lettuce, watermelon, broccoli, tomato and grapefruit all have greater than 90% water content. Other decaffeinated unsweetened liquids count too, such as 100% juice, tea and soups. If you don't like the taste of plain water, you can add flavoring by using lemon or lime juice or an all natural unsweetened drink powder like True Lemon® which can be found on the grocery store shelf.

***Drinking more water has endless benefits including improving skin health, flushing toxins, eliminating headaches related to dehydration, lubricating joints, and increasing energy. Water can also assist with controlling appetite and weight loss. So drink up and know, you are doing your body good!***

### TEN TIPS TO INCREASING WATER INTAKE

1. Always keep a water bottle with you. If it's there you will drink it.
2. Don't wait until you feel thirsty. Make drinking water a habit.
3. Replace soda, coffee or other sweetened beverages with water. Even if you substitute water every OTHER time you reach for a caffeinated or sweetened drink you can still have an impact.
4. Drink sparkling water with a squeeze of citrus at social gatherings.
5. Dilute juice with water. It still tastes great!
6. Drink a glass of water before and after each meal.
7. ALWAYS drink water before and after a workout.
8. Add "drink water" to your to do list as a reminder.
9. Purchase fewer sweetened or caffeinated drinks. If water is the only choice, you will choose it!
10. Place a berry in each compartment of an ice tray and then fill the tray with water and freeze. Use these "fruit cubes" in your water and get a tasty treat when they melt!

"I believe that water is the only drink for a wise man."  
~Henry David Thoreau

"We never know the worth of water till the well is dry."  
~Thomas Fuller, Gnomologia, 1732

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