

WATER IS LIFE

How much water do you drink?



The average American drinks 4 cups per day.

That's 2 of these.

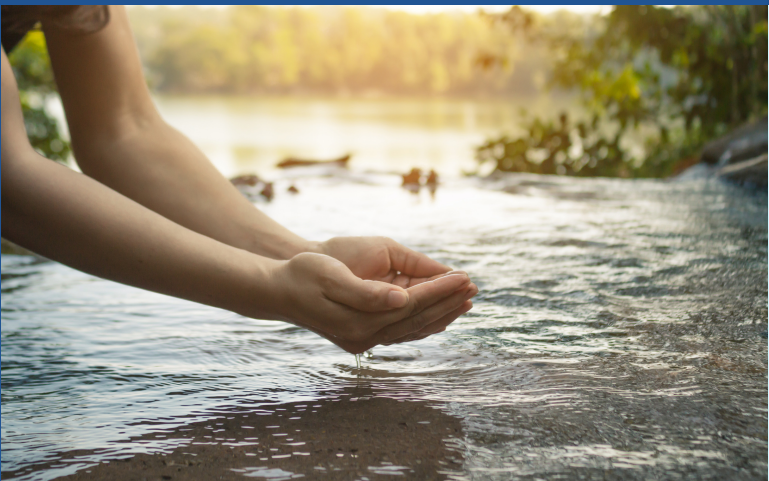


Recommended intake: 9-13 cups per day.



That's 6 of these.





WATER
is our source
of life!

It restores fluids
lost through
metabolism,
breathing,
sweating, &
excretion.



It protects our
spinal cords
& vital organs.



It keeps our skin,
blood, mouths, &
kidneys healthy.



It regulates
our body
temperature.



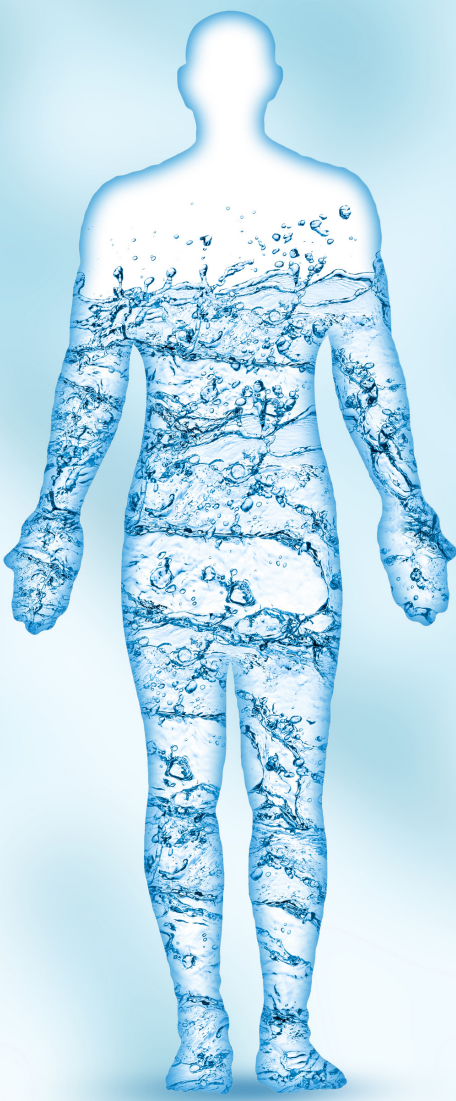
It lubricates our
joints & tissues.



And it helps
our bodies
digest food.



Water is the PERFECT zero-calorie beverage for
quenched thirst & rehydrating our bodies.



The exact amount

of water we need varies based on age, environment, sex, & physical activity.

But we all have something in common: our bodies are

60% water.

Let's try to keep it that way!

Losing 1% or more of our body water can have negative physical impacts

Fatigue

Difficulty regulating body temperature

Abdominal pain

Headache

Dry mouth & skin

Constipation

Muscle cramps

Losing 5% or more of our body water can have negative mental impacts

Trouble concentrating

Mental exhaustion

Confusion

Sleeplessness


Irritability

Drinking enough water helps prevent and alleviate these health issues.



So let's stay hydrated!

When to drink water



- With each meal
- Between meals
- Before exercising
- While exercising
- After exercising
- When you feel thirsty

Water Challenge

Keep a 32 oz reusable water bottle
with you throughout the day.

Every day:

1. Drink it all
2. Refill it
3. Drink it all again

Your body will thank you!

Don't just drink your water,

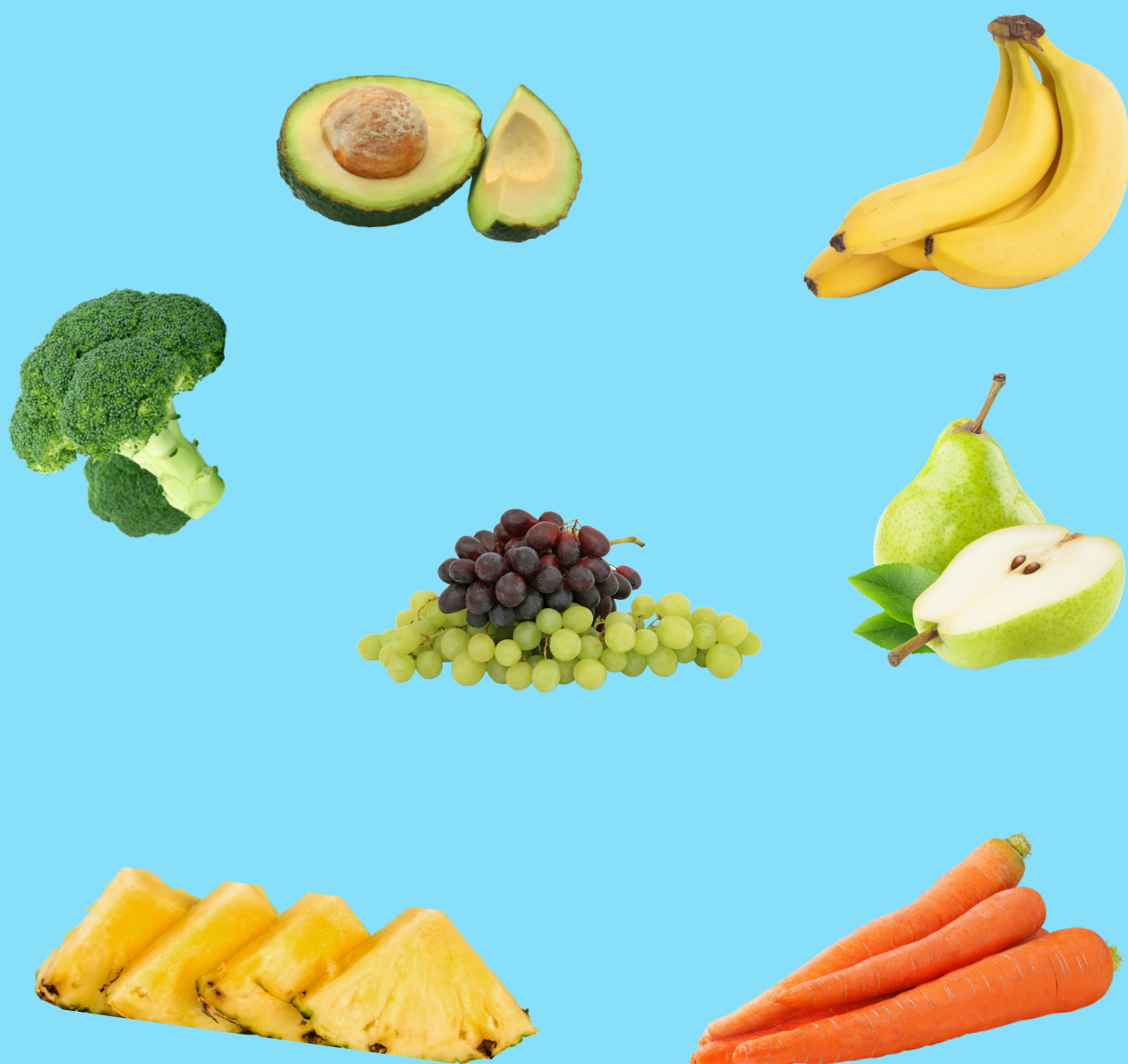
EAT YOUR WATER!

About 20% of the water we consume comes from food (especially fruits & veggies)

90%-100% water



79%-89% water



Are you dehydrated? Check your pee!

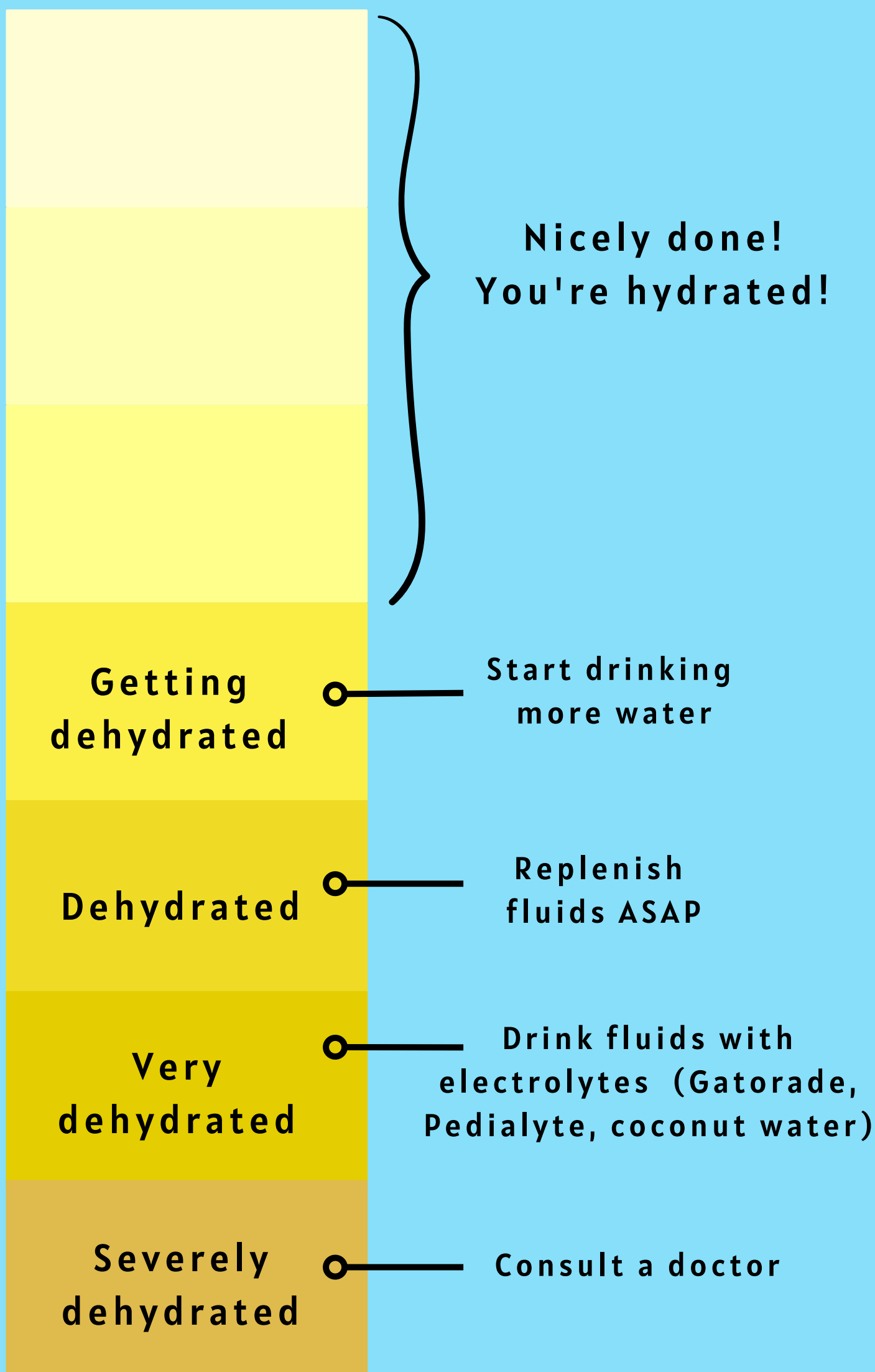
FREQUENCY

A hydrated person pees an average of
7 times
over a 24-hour period.

Consider increasing your water intake
if you pee less frequently.

COLOR

Your urine's shade of yellow
can indicate your hydration level.



Bored of water?

Switch it up!

#HydrationNation



Add your favorite fruits for a flavor boost.

Experiment with different water temperatures.



Create refreshing water beverages with mint & cucumber.

Drink water from classy glasses.



Infuse water with flower petals.

Alternate between still & sparkling water.





**Reenergize with
unsweetened
iced tea.**

**Snuggle up with
different flavors
of hot tea.**



**Take your fun
water creations
on-the-go.**

**Make fancy water
beverages for
your friends &
hydrate together.**



**And keep
it simple
on busy days.**

ARE YOU THIRSTY YET?

**Go get yourself some
water and refresh!**

