

HEALTHY LIVING CHALLENGE

WELCOME TO WEEK TWO

WELCOME TO WEEK TWO OF THE CHALLENGE! *How did you do?*

This week is on the importance of drinking enough water! Here are some reasons you may not have known before on why you should drink water (Centers for Disease Control and Prevention, 2011).



WATER IS GOOD FOR...

- **Keeping your temperature normal**
- **Lubricating and cushioning joints**
- **Protecting your spinal cord and other sensitive tissues**
- **Ridding wastes through urination, perspiration, and bowel movements**
- **ENERGY!**

Since your body is made up of 80% fluid, you need to make sure you are keeping this homeostasis for your body. If you find that you're going to the bathroom more, that's a good sign! Your urine should be a pale yellow colour.



TIPS FOR THIS WEEK:

Carry a water bottle with you at ALL times (purse, desk, car, bag). Choose water instead of sugar-sweetened beverages (ex. pop, juice), and add a lemon or lime wedge to add some zest!

Source: <http://www.cdc.gov>

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