



# Drink More Water

## CHALLENGE

Stay hydrated to improve your health

## Requirements to complete this HEALTH CHALLENGE™

1. Read “Drink More Water.”
2. Drink more water daily to improve your health.
3. Keep a record of your completed health challenge in case your organization requires documentation.



When Olivia Charles started nursing school, she spent most of her time studying. She also spent less time exercising or eating healthy. Her diet included a lot of fast food, pizza, soda, and snacks. At first it seemed like a short-term solution, but eventually something had to change.

Charles started gaining weight. Her blood pressure went up. Her risk for heart disease was rising. She didn't feel good. She was chronically dehydrated.

And she knew she could do better. So she decided to make one simple change...drink more water.

It's one of the easiest things you can do. And it helped Charles drop 35 pounds.

Are you drinking enough water? Your body is made up of about 60 percent water. It's essential for a healthy body.<sup>1</sup> And most people need to drink more of it. Take the month-long health challenge to Drink More Water.

## Quiz: Water Works

How much do you know about the health benefits of drinking water? Take the quiz to find out.



### T F

1.   Water does not help regulate your body temperature.
2.   Your body needs water to help maintain normal bowel function.
3.   Drinking water does not support weight loss, improve metabolism, or help control hunger.
4.   Proper hydration helps protect your brain, muscles, and other tissues.
5.   Canned soups, microwave meals, and breads do not contain high levels of sodium.

How did you do? If you answered any of these statements incorrectly, you may benefit from learning more about the health benefits of drinking water. Water helps keep your body cool. It also provides needed hydration to support circulation, metabolism, digestion, brain function, and physical activity

Answers: 1. False, 2. True, 3. True, 4. True, 5. False.

## Drink Water: Gulp Down These 8 Health Benefits

Fortunately, Charles recognized that drinking water would have a positive impact on her health. Now she's a healthy weight, and her risk for chronic disease is lower.

If you don't have enough water in your body, a variety of very serious health problems can occur. The big one: Dehydration...

- This can cause headaches, constipation, kidney stones, and impaired circulation.
- In hot weather, poor hydration can also lead to heat exhaustion and heat stroke.

The good news...when you gulp down enough water, it can help:<sup>2</sup>

1. Control food cravings
2. Regulate body temperature
3. Prevent fatigue
4. Improve physical performance
5. Support kidneys to remove fluid and waste
6. Control blood pressure
7. Support brain function
8. Improve digestion and metabolism

Water for weight loss  
<https://tinyurl.com/mr3ypane>



Drink THIS,  
Not That...

How much water are you drinking? If you're not sure, what are you drinking? Soda, energy drinks, sugar sweetened beverages... maybe nothing.

In a recent survey, researchers found that:<sup>3</sup>

- 7% of adults don't drink any water
- 36 % of adults drink 1 to 3 cups of water a day
- 35 % of adults drink 4 to 7 cups a day
- 22% of adults drink 8 cups or more per day

### Is Your Glass Half Empty?

At least 43 percent of adults aren't drinking enough water. According to Harvard University, most adults should drink:<sup>4</sup>

- 72 to 104 ounces of water per day.
- That's 9 to 13 8-ounce glasses of water.

### Quench Your Thirst with THIS Healthy Habit

If you want to develop a healthy habit to drink more water, start small.

- Drink one more glass of water a day than you normally do.

### The Water vs. Soda Study

In a recent study, researchers wanted to find out what would happen with one simple swap. Replace one soda a day with a glass of water.<sup>5</sup>

Want to know what happened? Just one extra glass of water a day helped reduce calories, control hunger, support weight management, and improve overall health.

How to make  
healthier  
drink choices  
<https://tinyurl.com/3e6a8p2n>

## 7 Simple Ways to Drink More Water

Want to drink more water to improve your health?

Here are SEVEN simple ways to develop this healthy habit:

**1. Wake up with water.** Drink a glass of water in the morning when you first wake up. Have a glass of water when you get home. And drink a glass of water before going to bed.

**2. Hydrate + hustle.** Drink before any physical activity such as walking, hiking, or biking. Drink at least every 30 minutes during moderate activity.



**3. Use a water bottle.** Keep a bottle of water beside your desk at work, in the car, on the kitchen counter, or by your bed. Drink often throughout the day.

**4. Drink water before meals.** Water can help suppress your appetite if you're trying to lose weight. Drink a glass of water before eating.

**5. Freeze first.** Fill a water bottle and freeze it. Take it with you for an ice cold drink later in the day.



**6. Add one glass of water a day.** Drink water in place of caffeinated beverages, alcohol, and sugar-sweetened drinks.

**7. Flavor it.** If water doesn't taste good to you, filter it. Keep a pitcher in the fridge. Buy bottled water. Or add lemon or lime slices to water to improve the flavor.

With a little effort, you can make drinking more water a healthy habit. It's easy to do, and it's inexpensive. Fill up a glass or your water bottle to enjoy a drink to good health.

Health benefits of  
drinking water  
<https://tinyurl.com/4vzrehbi>

### References

1. U.S. Geological Survey. (2019). The water in you: Water and the human body. From: <https://tinyurl.com/vylhkbud>
2. An, R., et al. (2016). Plain water consumption in relation to energy intake and diet quality among US adults, 2005–2012. *Journal of Human Nutrition and Dietetics*. From: <https://tinyurl.com/tjeubmp>
3. Goodman, A., et al. Behaviors and attitudes associated with low drinking water intake among US adults, *Food Attitudes and Behaviors Survey. Preventing Chronic Disease*. From: <https://tinyurl.com/nfwep5ta>
4. Harvard University. (2023). Water. Harvard School of Public Health. From: <https://tinyurl.com/2p82asvj>
5. Duffey, K., et al. (2016). Modeling the effect of replacing sugar-sweetened beverage consumption with water on energy intake, HBI score, and obesity prevalence, *Nutrients*, 8(7): 395. From: <https://tinyurl.com/rdrk2tx>



# Drink More Water

## CHALLENGE

Stay hydrated to improve your health

### Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or add to your digital calendar).
2. Create a plan to drink more water daily.
3. Use the calendar to record your actions and choices to drink more water daily.
4. Review your progress at the end of each day, each week, and at the end of the month. Then keep up the practice for a lifetime of best health.

MONTH: _____							HC = Health Challenge™ ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary
HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	
HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	
HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	
HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	
HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	

\_\_\_\_\_ Number of days this month I drank 64+ ounces of water

\_\_\_\_\_ Number of days this month I exercised at least 30 minutes

### Other wellness projects completed this month:

-----  
-----

Name \_\_\_\_\_ Date \_\_\_\_\_