



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

If you're thinking about how to lose weight or improve your health, it's one of the easiest things you can do. Drinking water helped Charles drop 35 pounds, feel better, and be more active.

Are you drinking enough water each day? Your body is made up of about 60 percent water. It's essential for a healthy functioning body.<sup>1</sup> And most people need to drink more of it.

Now is a great time to develop a healthy habit. Fill up your cup and take the month-long health challenge to Drink More Water.

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



- |    | T                        | F                        |  |
|----|--------------------------|--------------------------|--|
| 1. | <input type="checkbox"/> | <input type="checkbox"/> | Water does not help regulate your body temperature.                                      |
| 2. | <input type="checkbox"/> | <input type="checkbox"/> | Your body needs water to help maintain normal bowel function.                            |
| 3. | <input type="checkbox"/> | <input type="checkbox"/> | Drinking water does not support weight loss, improve metabolism, or help control hunger. |
| 4. | <input type="checkbox"/> | <input type="checkbox"/> | Proper hydration helps protect your brain, muscles, and other tissues.                   |
| 5. | <input type="checkbox"/> | <input type="checkbox"/> | 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. False. 5. False.

## Drink Water: Sip on 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. Dehydration 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 drink enough water it can help:<sup>2</sup>

- ✓ Control food cravings
- ✓ Regulate body temperature
- ✓ Prevent fatigue
- ✓ Improve physical performance
- ✓ Support kidneys to remove fluid and waste
- ✓ Control blood pressure
- ✓ Support brain function
- ✓ Improve digestion and metabolism

What's in Your Drink? Compare zero-calorie water to calories in other drinks  
<http://tinyurl.com/vanxclr>