



CHALLENGE:

Drink eight, 8 oz. glasses of water each day

It's important to stay well hydrated, not only during the summer months, but year round. This month drink at least eight, 8 oz. glasses of water each day and start some water drinking habits that will last us all year long.

Why is water important?

Water supports digestion, improves skin tone, reduces overeating by making you feel more full, keeps your kidneys healthy (so they can properly flush out toxins), and contributes to regular healthy bowel movements. Additionally, dehydration makes you feel tired and fatigued.

How much water should I be drinking?

While this will vary depending on your body, environment, and activity level, the general recommendation is to drink about half an ounce to an ounce of water for every pound of body weight. For example, if a person weighs 150 lbs., they should drink between 75 to 150 ounces of water per day.

A good rule to follow is to stick with the baseline of half an ounce of water per pound of body weight and add more water if you feel thirsty, exercise, or drink caffeinated drinks like coffee or soda.

Can I drink too much water?

While it's possible to drink too much water, it's unlikely that you will do so. The kidneys can filter and excrete 15 liters of water per day while most good water drinkers are only consuming 2-5 liters per day. As long as you don't drink too much water at once, you're not likely to have any problems.

How can I be sure to drink enough water?

If your goal is to drink 64 ounces of water per day, that equals about 2/3 cup per hour during a 12 hour day. When you think about it that way, it's not much!

Here are some tips to help you reach your goal:

- Find a large water bottle that will help you reach your goal with only one or two refills throughout the day. Here are some common sizes to get you started:
 - Half Liter = 16.9 ounces (drink at least 4 of these daily)
 - Liter = 33.8 ounces (drink at least 2 of these daily)
 - Half Gallon = 64 ounces (drink at least 1 of these daily)
 - Gallon = 128 ounces (drink at least half of this daily)
- Use your Navigate Wellbeing app to keep track of your water intake each day
- Add a glass of water to an already established routine. Find something you do every day like brush your teeth, read the newspaper, or cook dinner and simply add a glass of water to that routine. New habits are more likely to stick when you combine them with established habits.
- Place glasses of water in your environment to remind you to drink more. Leave a glass on your bedside table or next to the coffee maker to remind you to drink water during key times each day.
- Mark your water bottle with time-based goals. Break down your day into 3-hour chunks and make a goal to consume a certain amount of water during each 3-hour block. Mark the time and desired water level on your water bottle to encourage you to stick to your schedule.
- Set a timer or calendar reminder to drink a glass of water at specific times each day.

What if I don't like the taste of water?

It pays to know your water preference. Many people feel they dislike water simply because they don't enjoy their typical water drinking experience. However, trying water from a different tap, a different brand, at a different temperature, or from a different type of bottle can make all the difference.

Go ahead and experiment with different types of water until you find the combination that works best for you.

If you still don't like the taste of water, here are a few ways to liven up an otherwise boring glass of H₂O:

- Infuse with fruit – add a few berries or citrus wedges to a glass of water. If you don't like the fruit mush at the bottom of your glass, buy an infuser bottle to keep your fruit separated.
- Add fruit juice – if you don't have fresh fruit, add a small splash of 100% juice for a little flavor and color without the sugar.
- Steep herbs – mint and basil are fresh additions – especially with a squeeze of lemon or lime.
- Add flavored ice cubes – freeze fruit juice or pureed fresh fruit in ice cube trays and add a few to your glass of water instead of ice. For a short cut, add whole frozen berries.
- Add a cinnamon stick – simmer a cinnamon stick on the stove with 1 cup of water to make a spicy concentrate. Refrigerate and add small amounts to your glasses of water for a little metabolism boost.

Name _____

Month Completed _____

Harker School Wellness Program / Stay Hydrated Challenge

Record your water consumption in ounces each day. Aim for a minimum of 64 ounces each day (8 eight-ounce glasses). Submit completed log to HR to earn 10 wellness points. (100 points max in this category)

Week 1

Day 1 _____
Day 2 _____
Day 3 _____
Day 4 _____
Day 5 _____
Day 6 _____
Day 7 _____

Week 3

Day 15 _____
Day 16 _____
Day 17 _____
Day 18 _____
Day 19 _____
Day 20 _____
Day 21 _____

Week 2

Day 8 _____
Day 9 _____
Day 10 _____
Day 11 _____
Day 12 _____
Day 13 _____
Day 14 _____

Week 4

Day 22 _____
Day 23 _____
Day 24 _____
Day 25 _____
Day 26 _____
Day 27 _____
Day 28 _____

Signature _____ Date _____

I, the employee named above, guarantee that the information contained in this verification is true and accurate and I understand that HR may verify any forms submitted for the purpose of obtaining a wellness discount. I understand that any inaccurate and/or false statements on this form may lead to the loss of all or a portion of my wellness discount.

To receive credit, this form must be submitted to HR within 30 days of completion and no later than December 5, 2019.