

W.O.W.

WAC ON WELLNESS

WATER YOU DRINKING? CHALLENGE

As winter and the holiday season is quickly approaching, one thing that is often overlooked is how much water we are consuming. During the winter and holidays we still drink fluids, but they tend to come more from warm beverages like hot chocolate and coffee than from water. Winter may not always be associated with dehydration, but with the cold, dry air moisture leaves the body faster and dehydration can occur before you know it. The goal is to have this black bag and dig in, pull out 2-3 tools a day. Often times self care is sparing and not diverse enough to keep the body in balance

BESIDES STAYING HYDRATED, HERE ARE A FEW OTHER BENEFITS OF DRINKING WATER:

- Think clearer and be happier
- Perform better at work and in the gym
- Lose weight
- Have less joint pain
- Flush out waste and bacteria
- Prevent headaches
- Make your skin glow

QUICK & EASY TIPS FOR DRINKING MORE WATER

- Start your morning by drinking a glass or two to set the tone for the day
- Carry a bottle with you everywhere as a reminder to keep drinking
- Add mint leave and/or citrus fruit to give your water a little flavor
- After each trip to the restroom, drink some water and replenish your system
- If you feel hungry and just ate have some water, you may be dehydrated

THE CHALLENGE...

Consume 8 or more 8 oz. glasses of water throughout your day. Track your consumption by either writing it down or using a water-tracking app such as Water Minder or Hydrate Daily. And although other beverages like soda, juice, and coffee count towards your daily fluid intake, this challenge is solely focused on increasing water consumption in place of sugary and caffeinated beverages. Try and follow the challenge until the New Year or even longer.



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