

DRINK PLENTY OF WATER



YOUR CHALLENGE: Drink more water. Work up to six 8-oz. glasses of water each day. Report the completion of your goal at www.dmba.com with a simple “yes” or “no.”

WHY WE NEED WATER

The body is made up of 55 to 75 percent water. All nutrients are carried in a water medium. Metabolic wastes are also carried and excreted through water. So, obviously, water is essential for a healthy body.

WATER HELPS:

- Keep the skin soft and beautiful.
- Keep the body cool and operating at peak efficiency.
- Prevent fatigue.
- Improve physical performance.

- Improve circulation.
- Improve mental function.
- Kidneys purify the blood and remove wastes.

If water levels aren't adequate, a variety of serious health problems can occur, including headaches, constipation, kidney stones, and impaired circulation.

A simple rule to see if you're drinking enough water is to check your urine. If it's dark with a strong odor, you need more water. If it's nearly clear, you're doing great.

CAN A PERSON DRINK TOO MUCH WATER?

It doesn't happen often, but, yes, you can. Just because adequate water is important for your health doesn't mean drinking twice as much is always better. Too much water dilutes the body's electrolytes and can cause serious problems. People have even been hospitalized for drinking too much water.

WAYS TO INCREASE YOUR WATER INTAKE

- Drink in the morning when you first get up, in the evening when you get home, and again before going to bed at night.
- Drink before any physical activity, such as walking, hiking, or biking. Drink at least every half hour during your activity as well.
- Keep a bottle of water beside your desk at work. Drink often throughout the day.
- Drink before your meals. Water can help diminish appetite if you're trying to lose weight.
- Carry water with you when traveling. Drink often when flying, as the air is very dry.
- Drink water in place of caffeinated beverages, which are diuretics.
- If your water doesn't taste good, filter it and keep a pitcher in the fridge, or buy bottled water. Add a lemon or lime to improve the flavor.

WANT MORE INFORMATION?

- American Heart Association <https://www.heart.org/en/healthy-living>
- WebMD <https://www.webmd.com/living-healthy>
- CDC Healthy Living <https://www.cdc.gov/healthyliving/index.html>

Note: If you can't complete this challenge because of a medical condition, let us know and we'll come up with an alternative for you.



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