



**January**

**Water Challenge**

**Drink half your weight in ounces of water every day**

If you weigh 200 pounds, you should drink 100 ounces (3.13 quarts, 2.98 liters or about 10-12 cups of water a day). If you weigh closer to 100 pounds you will need only about 50 ounces of water or about four 12-ounce glasses daily.

Half my weight in ounces:

\_\_\_\_\_

**January 2012**

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Indicate on the calendar, the days you drank water equal to half your body weight (in ounces).

At the end of the month, turn in your challenge results at the front desk or email to [gonsteaddocs@aol.com](mailto:gonsteaddocs@aol.com)

Name: \_\_\_\_\_

# days I met January's challenge: \_\_\_\_\_

**“You are not just what you eat; you are what you drink.”**

Water is the basis of all life and that includes your body. Your muscles that move your body are 75% water; your blood that transport nutrients is 82% water; your lungs that provide your oxygen are 90% water; your brain that is the control center of your body is 76% water; even your bones are 25% water.

**Physical Signs of Dehydration**

Chronic dehydration affects 75% of Americans. Many health problems are the result of unintentional chronic dehydration:

- Decreased coordination
- Fatigue
- Dry skin
- Decreased urine output
- Impaired judgment
- Stress
- Headache
- Back pain
- Allergies
- Asthma
- High blood pressure
- Digestive problems
- Dry mucous membranes in the mouth and nose

**Drinking Tips for Healthy Hydration**

- Reach for a big glass of water first thing in the morning ~ even before coffee. Morning is when you are most full of toxin and dehydrated. This water in the morning really gets the blood flowing.
- Take regular water breaks ~ keep a water bottle with you at all times.
- Do not drink soda ~ the high sugar content and artificial flavors in soft drinks are harmful to your health.
- Limit consumption of caffeinated tea & coffee ~ the diuretics contained in these beverages flush water out of your body.
- Drink more water when you exercise.
- Drink water before and after food; ideally drink a glass of water half an hour before you eat your meal and half an hour after the meal.
- Drink water with meals.
- Drink water anytime your body feels like it.
- Drink a glass of water before you go to bed.