10 WAYS TO DRINK MORE WATER

1) Invigorate your water with Cucumber, Lemon or Lime, Ginger, Cinnamon, Berries, Honey, Fresh Mint, or Herbal Tea.

2) Buy a reliable, fancy, or easy to carry water bottle. Maybe stainless steel, spring loaded top, collapsible.

3) Set an alarm every hour to remind you to take a drink of water.

4) Use a straw.

5) Drink one cup before every meal.

6) Every time you go to the restroom, drink one cup.

7) Drink 2 cups right before bed, and 2 cups right after waking.

8) Compete with a friend.

9) Carry a water jug and gauge your ounces per day on how much you can finish in one day.

10) For every non-water beverage, drink 2 cups.

Drink More H20

Red Devil Wellness Challenge

The Smart Choice!
LOWER COLUMBIA COLLEGE
“Did You Know?”

**Facts**

- Water comprises from approximately 75% body weight in infants to 55% in elderly and is essential for cellular homeostasis and life.

- We can intake water in many ways, be it soft or hard, spring or well, carbonated or distilled. We can also intake water from foods and to a very small extent also from oxidation of macronutrients (metabolic water).

- We drink water for many reasons, particularly for hedonic ones but most of drinking is due to water deficiency which triggers the regulatory or physiological thirst.

- Neurohormones, brain, kidney, sweat glands, and salivary glands, all play a vital role in regulating fluid intake. Drinking enough water helps protect the vital organs from wear on tissues and maintains a content water and mineral balance.

- Hydration status is critical to the body’s process of temperature control (thermoregulation).

**Effects of Dehydration**

- Decrement in physical performance
- Disruptions in mood and cognitive functioning
- Gastrointestinal Function
- Kidney Function
- Heart Function and Hemodynamic Response
- Headache
- Skin Elasticity and Resiliency


**Recommendations**

The Dietary Reference Intake for water is 91 fluid ounces for women and 125 fluid ounces for men (2.7 to 3.7 liters) of water per day (these numbers include water received from food). However, your individual needs will depend on your weight, age, and activity level, weather where you live, as well as any medical conditions you may have. Keep in mind that this is the total amount you get from both food and beverages every day. There is no specific recommendation for how much water “you” should drink. If you drink fluids when you feel thirsty and have beverages with meals, you should get enough water to keep you hydrated. Try to choose water over sweetened drinks. These beverages can cause you to take in too many calories. The water you drink is a combination of surface water and groundwater. Surface water includes rivers, lakes and reservoirs. Groundwater comes from underground. The United States has one of the safest water supplies in the world, but drinking water quality can vary from place to place. It depends on the condition of the source water and the treatment it receives. Treatment may include adding fluoride to prevent cavities and chlorine to kill germs. Your water supplier must give you annual reports on drinking water. The reports include where your water came from and what contaminants are in it.

**Drink More H2O**

**Red Devil Wellness Challenge**

![The Smart Choice! Lower Columbia College](image_url)