

Days of March	# of Glasses of H2O you drank a day
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	
Total # of glasses	

March 2010 Wellness Committee Individual Challenge

Name: _____

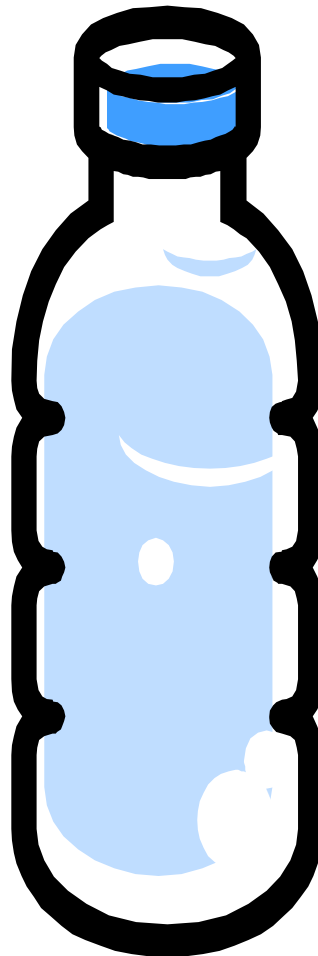
Track daily water intake and add up total number of glasses of water you drank for the month. Turn total on this sheet for a free gift!!

Due Date: Monday, April 5 for a free gift!

Turn in to Sharlin at the office or fax to 651-645-7350



1 glass = 8 Ounces of water

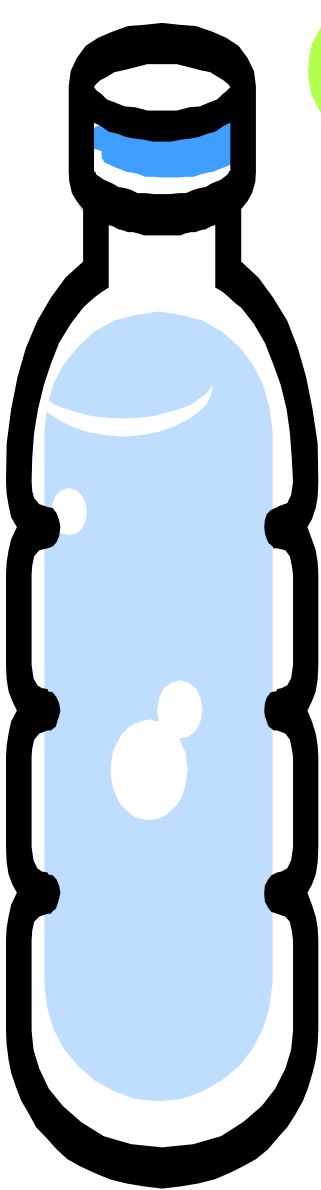


Water & Dehydration Facts:

It takes a loss of only 1% - 2% of your body's ideal water content to cause dehydration.

Beverages containing alcohol and caffeine create an un-quenchable thirst in the body.

Only water truly hydrates the body and alleviates the diseases of dehydration.



Don't like plain ol' water? Spice it up by saturating it with fresh bruised mint leaves or a squeeze of lemon or lime.

Average, "within proper weight" people should drink eight, 8 oz. glasses of water each and every day. (About 2 Quarts)

Water helps maintain proper muscle tone and prevents sagging skin.

Water helps rid the body of toxic waste.

Water has a profound effect on brain function and energy levels. Even a slight dehydration can produce a small but critical shrinkage of the brain, impairing neuromuscular coordination, concentration and thinking.

Don't misinterpret your thirst drive as hunger. Drink a glass of water and wait a minute or two. You'll find you are not as hungry as you thought.

Never pass a water cooler without stopping for a sip. Water suppresses the appetite naturally and helps the body metabolize stored fat.

An average person loses about 90 ounces of water daily.

Drink more if you're engaged in sweaty exercise.