

April challenge: Drink water

Water is essential for our bodies. Found in every cell, tissue and organ, water plays a critical role in helping your body to function properly.

Water helps:

- Keep your temperature normal.
- Lubricate and cushion joints.
- Protect your spinal cord and other sensitive tissues.
- Get rid of wastes through urination, perspiration, and bowel movements.

Source: CDC

Did you know watermelon is 92% water, and a whole lot more?

The Challenge:

In the month of April, increase your water intake by completing each of the following for two weeks.

- Remove any sugar-sweetened beverages from your refrigerator. Replace with pitchers or bottles of water.
- Drink water instead of sugar-sweetened beverages. Substituting water for one 20-ounce, sugar sweetened soda will save you about 240 calories.
- Choose water instead of other beverages when eating out. You'll save money and reduce calories.
- Carry a water bottle for easy access when you are at work or running errands.
- Make water more exciting. Add slices of lemon, lime, cucumber, watermelon...
- Add watermelon to your diet.

Two-cup serving of watermelon:

80 calories

fat free

vitamin A (25%)

vitamin B6 (6%)

vitamin C (30%)

potassium (8%)

magnesium (6%)

thiamine (6%)

phosphorus (4%)

If you have met the above challenge and increased your water intake by completing each of the above for at least two weeks, please complete below and turn in to your Eat Well, Work Well site coordinator by April 30th.

I (print name) _____ attest that I increased my water intake by completing each of the above for at least two weeks in April.

Signature: _____