

Drink water
any way you like!

Your body needs **8 cups*** or more of water each day

to drink water

ways



1.



Top with lemon

2.



Brew up a cup of herbal tea

3.



Drop in fresh
cucumber slices

4.



Add pineapple

5.



Float some blueberries

6.



Squeeze in some
orange juice

7.



Carbonated

8.



Splash in cranberry juice

9.



Add calorie-free
raspberry syrup
to crushed ice

10.

Drink it pure!

*Drink water throughout the day rather than all at once. Drink more water when you exercise and if the weather is hot. Some of the daily water needed can come from food and beverages other than water.

Why water?

Drinking water is a great, calorie-free way to satisfy your thirst, but you don't have to rely on it to get all your fluid needs. The foods you eat provide about 20% of your daily water intake and the rest comes from water and other beverages, like low-fat milk, 100% fruit juice, tea, and coffee.

Water is a good choice because it's calorie-free, inexpensive, and readily available!

Tap vs. Bottled

Keep yourself hydrated and care for the environment! Carry a refillable, reusable water bottle with tap water with you.

+ Tap water contains essential nutrients that are often filtered out of bottled water. Municipal water supplies also have added fluoride that helps prevent dental cavities.

+ The cost of buying bottled water can add up. For the price of one bottle of water, you can get up to 1,000 gallons of tap water.

+ Bottled water produces up to 1.5 million tons of plastic waste per year.



Water makes up 60% of your body weight and plays a vital role in the functioning of your body. Every system in your body depends on water:

- + Regulates body temperature
- + Moistens tissues
- + Lubricates joints
- + Helps flush out waste
- + Carries nutrients to cells
- + Protects organs

Water Tips

Get in the habit of hydration – drink water when you wake up, at each meal, and between each meal.

Carry a water bottle with you wherever you go – to school, to work, in the car, at the gym, in your backpack.

Drink water before, during, and after exercising.

When do you need more?

Heat, humidity and physical activity can increase our fluid needs. If you're physically active more than 90 minutes, choose a sports drink over water. It hydrates your body while replacing electrolytes lost through sweat.

Drink water

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Your body needs **3** cups or more of water each day