



DRINK UP CHALLENGE

First & Last Name: _____

Subscriber ID: _____

If you are part of the HealthEZ health plan, please complete the challenge booklet and email it to LivEZ@HealthEZ.com.
For any questions please call 1-800-948-8824



DRINK UP!

The goal is to drink 10 cups of water every day for 4 weeks. This booklet will allow you to track your water intake. Water is critical for your body to function at its best. If you feel thirsty, **you're already dehydrated!** Even mild dehydration can drain your energy and make you tired.

Fun Fact:
You are about 60% water!

Why do you need water?

- Regulates body temperature
- Keeps your mouth, eyes and nose feeling their best
- Lubricates joints
- Protects body organs and tissues
- Helps prevent constipation
- Liver and kidney health
- Helps dissolve minerals and other nutrients into the body
- Aids in digestion and helps you feel full

Factors that increase water intake:

- Exercise: The more physically active you are, the more water you need
- Environment: Hot and humid environments require more fluid intake
- Illnesses and health conditions: When you have a fever, vomiting or diarrhea, your body loses more fluids and you should make sure you're drinking enough water
- Pregnant or breastfeeding: Large amounts of fluids are used up when you're nursing



Staying hydrated:

For the most part, thirst and urine color are good indicators of hydration. Your urine color should be light yellow or clear. The darker and brighter your urine is may indicate dehydration.

It's easy!

Don't think you need to constantly chug water to stay hydrated. Fluids come in all forms, shapes, and sizes. A majority of your fluid intake can come from foods like fruits, vegetables, soups, shakes, teas, and coffee.

A lot of food you eat contains water! Up to 20% of your water intake can come from you food.

Lettuce = 95%

Grapefruit = 91%

Broccoli = 91%

Orange Juice = 88%

Milk = 89%

Tomatoes = 94%

Yogurt = 85%

Watermelon = 92%

It's a good idea to incorporate flavored and sparkling water, along with fruit infusions into your daily routine. Feel free to add lemons, oranges, cucumber, or berries into your water to add a variety of flavors.

As always, consult your physician or primary care doctor before beginning any new nutrition program. This booklet contains general advice aimed at the general population focused on wellness.

Week 3

Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										

Week 4

Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										

Notes:

GOOD JOB!

We hope you have become more aware of your fluid intake, picked up a tip or two and maybe even found ways to sneak in those 10 glasses a day!

1. By the end of the challenge, did you increase your water intake from when you first started?

2. Did you cut back or eliminate any pop or juice intake in place of increasing water?

3. Do you feel that you will continue drinking 10 glasses of water now that the challenge is over?

4. Was it a challenge to drink 10 cups of water and why?

Email: LivEZ@HealthEZ.com
Phone: 1-800-948-8824
Fax: 952-896-1261

The logo for HealthEZ features the word "HEALTH" in a dark blue serif font, followed by "EZ" in a larger, bold, blue serif font. A thin blue arc is positioned above the "EZ" portion.

HEALTHEZ

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