


# READY, SET GO!

## Month-long Hydration Challenge

It is believed that anywhere up to 75% of Americans spend the vast majority of their time dehydrated and are operating at a deficit as a result. Our cells need fluid to function and lack of fluid causes a multitude of problems in every area of the body. Medically sound info on hydration can be found at WebMD: <https://www.webmd.com/food-recipes/features/quest-for-hydration#1>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Month-long Hydration Preparation:</b> stock up on water or other non-caffeinated drinks and fruits/herb combinations for the month</p>	<p><b>Weekly Habit: 1. Learn the quick skin turgor test to check for dehydration--</b> <a href="https://medlineplus.gov/ency/article/003281.htm">https://medlineplus.gov/ency/article/003281.htm</a> and check yours daily</p> <p><b>2. Check your urine color at HealthyWay.com—see droplet image to right where lighter urine color means better hydration</b></p>					<p><b>Use the weekend to catch up with any items you didn't get done during the week</b></p>
<p><b>Weekly Habit: keep track of your fluid intake. Although there is no scientific evidence for the "8 glasses a day" rule, we do know most of us need to drink more. Download an app or create an easy tracking sheet to monitor your fluid intake every day this week</b></p>		<p>"Eat" your water by incorporating water-rich foods into your meals and snacks such as melons, cucumbers tomatoes, zucchini, soup, and yogurt</p>		<p>Drink a glass of water before eating a meal—in one study, those who did so ate 85% less calories during the meal. Hunger can be an initial sign of dehydration</p>		
<p><b>Weekly Habit: monitor yourself daily for these signs of dehydration this week: darker urine, difficulty concentrating, bad breath and/or dry mouth, constipation, sudden food cravings, fatigue, racing heart, dry skin or lips, muscle or joint pain, dizziness or headaches.</b></p>		<p>Try a fruit infuser water bottle to provide delicious and healthy taste</p>	<p>Try these combos in your infuser: blackberries or blueberries + fresh basil; strawberries + mint or lemon; cucumber + mint; pineapple + mint or mango or basil; cherry + lime; raspberry + grapefruit; grape + orange (recipes at <a href="https://wellnessmama.com/3607/herb-fruit-infused-water/">https://wellnessmama.com/3607/herb-fruit-infused-water/</a>)</p>			
<p><b>Weekly Habit: if you are hooked on caffeine, just try to replace your coffee or tea with non-caffeinated drinks at least after lunch (this will also help your sleep)</b></p>	<p>Try a wide variety of sparkling waters out on the market for alternate flavor or as a substitute for your favorite carbonated soft drink</p>	<p>Bring water with you so it's always available rather than be tempted by suger-laden alternatives</p>	<p>Try spicier foods which will stimulate you to drink more during the meal</p>	<p>Remember skin turgor? Teach this to your co-workers to help them stay hydrated</p>		
<p><b>Weekly Habit: Drink whenever you are thirsty—have liquid always available for this purpose</b></p>	<p>A rule of thumb is: a good volume of liquid will require you to go to the bathroom every 2-4 hours, and your urine should be light in color</p>		<p>Encourage co-workers to drink more fluids during the day</p>	<p>How have you been feeling now that you've been taking in more fluids? Have you found a favorite infused water recipe? Share it with your co-workers</p>		