



Hydration Lunch & Learn

Quiz

- Which beverage accounts for the number one source of calories in the American diet?

Answer

- Soda (according to the CDC)
- Soft drinks are also the leading source of added sugar for young Americans (according to the US Dept. of Agriculture)



The Soda Problem

- Research shows risk of obesity increases 50% for every additional serving of soft drink per day



Source: www.nofizzclt.org

The Water Solution

1. Research Study: found people who drink 1 glass of water before each meal eat 75 fewer calories per meal
2. Research Study: found people dieting who replaced sugary drinks with water lost an extra five pounds per year

Why Water

- Water is your body's principal chemical component & makes up >60% of your body weight
- Every system in your body depends on water
 - Ex: to flush toxins;
to carry nutrients to cells



Lack of Water

- Can lead to dehydration
- Occurs when you don't have enough water in the body to carry out normal functions
- Even mild dehydration can leave you drained and tired



How Much is Enough?

- You should drink enough fluid that you:
 - Rarely feel thirsty
 - Produce 1.5 liters (6.3 cups) or more of colorless/slightly yellow urine a day
- Check with your doctor if you are concerned
 - Can help determine right amount for you

Office Tips for Staying Hydrated

Drink water:

- First thing in the morning
- Every time you go to the bathroom
- Each hour
- During your commute to work
- Before your meals



Office Tips for Staying Hydrated

- Set “drink water reminders” around your desk/office
- Replace coffee with water
- Replace soda with water
- Drink 2 or 3 ounces of water after your meals
- Add lemon juice, slice of lemon, slices of cucumber, berries, or ginger to water

Hunting Tips for Staying Hydrated

- Drink water early – before heading out to the woods
- Limit caffeine
- Befriend your bottle - bring it with you as a reminder to hydrate
- Eat your water – fruits & vegetables contain water, so load up for breakfast or snacks
- Drink water during and between meals



The Challenge

- Take a 30-day hydration challenge
- Can you drink 60 ounces of water and avoid soda?
- If you're up for the challenge, register today at:

www.nofizzclt.org/30days

