



Water is essential to all life. Surprisingly, our bodies are about 60% water and we constantly lose water throughout the day during regular body functions such as urinating, sweating and breathing! That is why being mindful of the amount of water we drink each day is important for optimal health. This challenge will focus on how much water we need each day, the health benefits water brings, and tips on how to stay hydrated throughout your long-term health and wellness journey.

Worksheet instructions

Name:

Start date:

End date:

Each time you finish a glass of fluid, colour in one of the water droplets. We suggest you colour coordinate or label the types of fluid you drink so you can monitor how much water you drink versus coffee, tea or other beverages. The goal is to fill in the number of water droplets you need each day based on your individual needs. Also, comment on your experience, mood, energy level, and any other benefits you notice as you move through this challenge.

Monday

Notes:

Tuesday

Notes

Wednesday

Notes

Thursday

Notes

Friday

Notes

Saturday

Notes

Sunday

Notes

How much water do I need?

The amount of water our bodies need is dependent on a number of factors including gender, age, weight, height, activity level (i.e., if you're performing exercise, you're sweating more and therefore need more water), health (i.e., injury, health conditions), and if you're pregnant or breastfeeding.

Here is an easy calculation to help you determine how many ounces of water your body needs per day:

- Your weight
- Multiply by 2/3 (67%)

For example, a 150-pound adult would need roughly 100oz of water a day ($150\text{lbs} \times 0.67 = 100\text{oz}$). **AS WELL AS**, another 12 ounces for every 30 minutes of exercise.

We do need to keep in mind that at least 20% of our water intake comes from food and additional beverages such as coffee, tea, coconut water, juices and sports drinks. So, ideally, we should aim to drink at least 8-9 glasses of pure water a day, or about half of our body weight ($150\text{lbs} \times 0.5 = 75\text{oz}$).

I need _____ounces of water or _____glasses a day.

What does water do for me?

Water is extremely beneficial to our overall health and well-being as it serves many life-sustaining functions. For instance, water is used as the main medium for transportation of hormones, nutrients and oxygen while removing wastes from our organs and tissue cells. Also, water helps maintain a stable body temperature by either redistributing heat or cooling the body (i.e., sweat). Interestingly, water keeps skin elastic and glowing (youthful!!), helps with digestion and weight management, lubricates our joints thus decreasing the risk of injury, normalizes heart function and blood pressure, and stabilizes our mood, attention, energy levels and cognitive functioning (i.e., preventing headaches). Clearly, water is crucial to daily functioning and wellness!



Tips to help you boost your daily water intake

- Keep a water bottle with you all-day
- Create a routine — Set an alarm every 30 minutes to have a couple of sips, or have a glass before each meal of the day
- Eat water-rich foods — Food items such as lettuce, tomatoes, bell peppers, watermelon, cucumber, celery, strawberries, spinach, apples, and many more contain over 85% water!
- Keep glasses full
- Apps — Waterlogged, Fitbit, iHydrate, Hydro Coach may be helpful to keep you on track — check them out!
- Infused waters — Add some fresh fruit or vegetables to your water for more flavour combinations. Check out our detox water recipe on the Blog!

Remember, hydration is not a one-week fix; our bodies need water consistently in order to perform its daily functions and maintain optimal health. You probably won't experience all of the benefits discussed above after completing this challenge, so its purpose is to guide you in the right direction towards life-long hydration.

Prizes

We will draw names from all participants for great prizes, with the grand prize pack being awarded to a lucky employee who successfully completes the challenge.

For more information visit:

ufv.ca/hr/health-well-being/fitness-challenge