



# Drink Water Challenge

Are you drinking enough water for good health? Adequate water is important to regulate body temperature, eliminate waste, lubricate joints, and protect body tissues. Eight glasses a day is a general guide; check with your health care provider for your specific needs.

## *Drinking More Water is a Great Goal!*

Set a goal to drink water and limit sugary drinks.

Try these tips:

- Start your day with a glass or two of water.
- Carry a water bottle at work or when running errands.
- Freeze safe water bottles for on-the-go ice water.
- Have water at meal times.
- Select water instead of sugar-sweetened beverages.  
Substituting water for a 20-ounce sugar-sweetened drink will save 240 calories.
- Make water your choice when eating out.
- Choose flavored seltzer or water at vending machines.
- Give water a squirt of flavor with lime or lemon, a slice of cucumber, kiwi, strawberry, or watermelon.

(Source of information: CDC)

For additional information, contact Healthy Ulster at 845-334-5527, or visit

<http://healthyulstercounty.net>



Michael Hein, County Executive

Dr. Carol Smith, Commissioner of Health and Mental Health



# Drink More Water – Tracking Form



Ready to drink more water for better health? Here's how the tracking form works... Check off below to pledge that you will drink more water during the week of your choosing. Under each day, write the number of cups of water you drank.

I will drink more water during month of \_\_\_\_\_ (rule of thumb is to aim for 8 cups of water a day.)

<b>WEEK 1:</b>	<u>SUN.</u>	<u>MON.</u>	<u>TUES.</u>	<u>WED.</u>	<u>THUR.</u>	<u>FRI.</u>	<u>SAT.</u>
	_____cups	_____cups	_____cups	_____cups	_____cups	_____cups	_____cups
<b>WEEK 2:</b>	<u>SUN.</u>	<u>MON.</u>	<u>TUES.</u>	<u>WED.</u>	<u>THUR.</u>	<u>FRI.</u>	<u>SAT.</u>
	_____cups	_____cups	_____cups	_____cups	_____cups	_____cups	_____cups
<b>WEEK 3:</b>	<u>SUN.</u>	<u>MON.</u>	<u>TUES.</u>	<u>WED.</u>	<u>THUR.</u>	<u>FRI.</u>	<u>SAT.</u>
	_____cups	_____cups	_____cups	_____cups	_____cups	_____cups	_____cups
<b>WEEK 4:</b>	<u>SUN.</u>	<u>MON.</u>	<u>TUES.</u>	<u>WED.</u>	<u>THUR.</u>	<u>FRI.</u>	<u>SAT.</u>
	_____cups	_____cups	_____cups	_____cups	_____cups	_____cups	_____cups

Tips: Start the day with a glass of water. Keep a pitcher of cold water in the refrigerator. Choose water as a beverage when eating out. Carry a water container to work and in the car. Serve water at meetings. Try different flavors to enhance your water (splash of juice, slice of fruits).

\*Please check with your healthcare provider to calculate your specific water needs.