

Hydrate Well

Healthy Hydration Challenge

HEALTHY BEVERAGES

Add other healthy beverages to vary your options and Hydrate Well.

- Plain milks are a good source of calcium and protein – dairy, soy, almond, coconut
- Herbal teas contain antioxidants and come in a variety of flavors
- Unsweetened iced teas are refreshing and healthy
- Blend ice with a small amount of 100% juice for a refreshing drink
- Enjoy an occasional green vegetable smoothie



MAXIMIZE WATER

Every system in your body depends on water to function and is the healthiest drink of choice.

- Consume eight 8-ounce glasses of water daily
- Flavor water with fruits, vegetables, herbs & spices:
 - Watermelon + Mint
 - Cucumber + Lime
 - Apple + Cinnamon Stick
- Mix sparkling water with a splash of juice
- Use an infused water bottle to add fruit to your water
- Read labels to discover new bottled waters without added sugar



MODERATE COFFEE AND ALCOHOL

Coffee and alcohol have benefits as well as risks.

- Pace your caffeine drinks throughout the day and make your 4th cup your last
- Avoid caffeine 6 hours prior to bedtime
- Consume alcoholic beverages in moderation*
- For a sound sleep, avoid alcoholic beverages before bed

*1 for women, and men older than 65, 2 for men 65 and younger



MINIMIZE SWEET DRINKS

Fruit juices, sodas, sports beverages, and energy drinks exceed the daily added sugar recommendation and artificial sweeteners in diet drinks have negative health consequences.

- Eat the fruit — don't drink the juice
- Minimize or avoid all drinks with added sugar or sugar equivalents
- Choose plain milks: dairy, soy, almond, coconut
- Choose unsweetened coffee and teas
- Minimize or avoid drinks that contain artificial sweeteners
- Replace sweetened sodas with carbonated water
- Eat your calories — don't drink them



Healthy Hydration Challenge

My Pledge

I pledge to hydrate my body with healthy beverages. I am committed to maximizing my water consumption and limiting sweetened beverages. I will be mindful about coffee and alcohol consumption and try other healthy beverages so I can Hydrate Well and Live Well.



How the Challenge Works:

Not down some drinks and strategies that you are willing to try in order to improve your beverage consumption in each of the four areas so you can Hydrate Well.



Maximize Water



Minimize Sugary Drinks



Moderate Coffee/Alcohol



Healthy Beverages

1. _____	1. _____	1. _____	1. _____
2. _____	2. _____	2. _____	2. _____
3. _____	3. _____	3. _____	3. _____
4. _____	4. _____	4. _____	4. _____
5. _____	5. _____	5. _____	5. _____

Record your Healthy Hydration activities:

Use a **check mark in the color-coded boxes** to record the days that you achieved healthy hydration habits in the areas of Maximize Water, Minimize Sugary Drinks, Moderate Coffee/Alcohol, and Healthy Beverages. Use a **star** to record the days you hydrated well.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>