



8 WEEK HEALTH CHALLENGE

CREATE A HEALTHIER YOU

**WEEK 5
BE HYDRATED**

Week 5: **Be Hydrated**

Your Challenge: Drink 2-3L of water per day

Why?

Your body constantly loses water throughout the day, mostly through urine and sweat but also from regular body functions like breathing. To prevent dehydration, you need to get plenty of water from drink and food every day.

Even 1-2% of dehydration levels can negatively effect your endurance & concentration.

How much do I need?

Health experts recommend **eight 8-ounce glasses**, or ~2 liters, or ~1/2 gallon. *This is called the 8x8 rule.*

Another way to determine how much water is recommended to drink is **35ml/kg of body weight**. *For example, a 80kg male might need approx. 2800mL or 2.8L water per day.*

Tips to drink more water:

- Carry a water bottle with you everywhere you go
- Set reminders on your phone
- Choose hydrating foods like fresh fruit and vegetables
- Leave spare water bottles at work, in the car and in your gym bag



You might need more water than someone else if...

Where you live:

- Is hot, humid, or dry.
- If you live in the mountains or at a high altitude.

Your diet:

- Is high in salty, spicy, or sugary foods.
- Is low on hydrating foods that are high in water (like fresh or cooked fruits and vegetables).
- Drink a lot of coffee or other caffeinated drinks.

Your environment:

- If you spend more time outdoors in the sun or hot temperatures or in a heated room.

How active you are:

- If you are active during the day or walk or stand a lot.
- If you do exercise or do any intense activity.



Your health:

- If you have an infection or a fever, or if you lose fluids through vomiting or diarrhea.
- Health condition like diabetes.
- Some medications like diuretics can also make you lose water.