

Hydration Challenge

Weekly Tracking

Submit this tracking sheet each week to the designated program facilitator.

Track at least six 8-ounce glasses of hydrating beverages and three servings of hydrating foods each weekday to qualify for this challenge.

Name: _____

Week: ☐ 1 ☐ 2 ☐ 3

Hydrating Beverages

Check a box for each hydrating beverage you drink.

Monday	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8
Tuesday	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8
Wednesday	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8
Thursday	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8
Friday	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8

Hydrating Foods

Check a box for each serving of hydrating foods you consume.

Monday	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Tuesday	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Wednesday	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Thursday	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Friday	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

Serving Size Guide

- > Fresh Fruit: 1 Cup
- > Cooked Vegetables: ½ Cup
- > Leafy Greens: 1 Cup

Step Aside, Soda!



Drinking soda can have negative health effects tied to added sugar, artificial sweeteners, and other ingredients. Replacing soda intake with water, even in part, can improve your energy, focus, and general body functions.

Heart Health

The sugar consumed from soda can raise blood pressure, making it more likely to have an increased risk of chronic heart disease. One study found that soda drinkers were 20% more likely to have a heart attack compared to those who didn't consume soda.

Brain Buster

Need a soda for your two o'clock pick me up? Think again! The caffeine and sugar may help increase focus temporarily, but studies have shown that long-term consumption of soda and sugar can result in impaired memory, learning, and may lead to an increased risk of dementia, including Alzheimer's disease.

Teeth

The citric acid in soda erodes tooth enamel which makes teeth more susceptible to cavities and may turn teeth yellow. Steer away from soda for better oral health and a whiter smile.

Disease & Diabetes

Prolonged consumption of sugary beverages is connected with risk of developing diabetes and other health conditions. Sugar found in beverages like soda adds up quickly, so be mindful of total intake for your long-term health benefits.

Live Longer

It's simple enough - not drinking soda can help you live longer. Studies have shown that people who drink a lot of soda have shorter telomeres, which are protective DNA. The shorter these telomeres get, the more quickly a person ages and is at risk for disease and death.

Sports Drinks vs. Water

Are you thinking about grabbing a cold sports drink after your exercise? Even though sports drinks have benefits, they are usually not recommended unless you have participated in an intense work out that lasted an hour or longer. Even so, water is always the best choice to keep you hydrated! Staying hydrated is important, especially while engaging in exercise or outdoor activities. Here are some tips on how to stay hydrated without consuming sports drinks.

1. Chill Before You Sweat

A study published in the Journal of Sports Medicine found that athletes who consumed an ice slurry (i.e. a watery snow cone) 45 minutes before a 10K in 82-degree weather ran an average of 15 seconds faster. Researches claim that the ice slurry increased body heat storage capacity, allowing runners to push harder.

2. Fuel Up with Salt

The International Journal of Sports Nutrition and Exercise Metabolism found that a little extra salt before exercise may actually keep dehydration at bay. Sodium may also encourage you to drink more. This week, try chicken noodle soup, pretzels, or tomato juice before an endurance event.

Sports drinks are high in sodium; however, they are usually also high in sugar.

New Waters to Try!

- › **Coconut Water**
8 oz = 15% DV of Potassium
- › **Artichoke Water**
Anti-Inflammatory Properties
- › **Cactus Water**
Water + Prickly Pear Cactus Fruit

Benefits of Drinking

Water

Over a Sports Drink

- › Water does not contain calories or sugar, both of which are in sports drinks and can be found in very high amounts.
- › The sugar most added to sports drinks is high fructose corn syrup; this sweetener is known to be a risk factor for developing chronic diseases.
- › The FDA regulates health claims on food and drinks, but qualified health claims often have little scientific evidence. Sports drinks may promise increased performance but be cautious of false promises.
- › Evaluate your time, exercise intensity, environment, and fueling needs before using sports drinks.
- › Many sports drinks are bottled in plastics. Ditch these plastic bottles and focus on reusable bottles for the bonus effect of helping the environment.