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July Challenge

H₂O : Don't Wait, Hydrate!

Water – our body's principal chemical component!

- 60 percent of our body weight (on average)
- Vital to every system in the body
- Regulates body temperature
- Carries nutrients to our cells and flushes toxins out of organs
- Keeps muscle and skin toned and lubricates joints

How does the body lose water?

- Breathing and perspiration
- Urination and bowel movements

As the temperatures increase during our Houston summers, we lose more water through perspiration. The water needs to be replaced to prevent overheating and dehydration.

➤ Awareness is the Key!

Don't wait, participate and see how much water you consume each day!

Can I drink too much water?

Though rare in healthy adults, drinking too much water can cause hyponatremia, an abnormally low sodium level in the blood. People with special health conditions should consult with their personal Physician.

Proper electrolyte balance in the blood stream is essential for a healthy body. So, don't wait, participate, but also don't overdo!



Simple signs you're drinking enough water:

- You rarely feel thirsty
- You produce ~1.5 L (or quarts) of urine a day
- Your urine is colorless or only slightly yellow




Simple signs you're not:

- Mouth is dry and sticky
- Low urine output, urine is a dark yellow or even amber
- Muscle weakness, headache, lightheadedness
- May feel sleepy or tired



H₂O: Don't Wait, Hydrate! Log Sheet

What To Do

- Print out this page.
- Record how many cups of fluid you drink each day.
- Log into the [Mayo Clinic website](#).  Click on Reward Program and record the date you complete this challenge.

July						
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					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

- To receive points log into the [Mayo Clinic website](#)
- Click on any Reward Program link
 - Click on the 2011 Reward Points Program link
 - Scroll down to find "Don't Wait - Hydrate!"
 - Enter your completion date and click: [Did it](#)
 - Your points will be added to your overall point score

You must be registered at the Mayo website.
Registration Unique ID: **healthiernasa**