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July Challenge

H₂O : *Don't Wait, Participate!*

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!



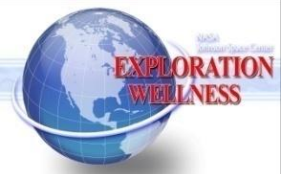
Simple signs you're drinking enough water:

- 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



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H₂O: Don't Wait, Participate Log Sheet



What To Do

- See how much fluid you drink each day during July
- Track your progress on this log sheet
- Enter your completion date at the Mayo Clinic website in the rewards program

July 2009						
S	M	T	W	H	F	St
			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 via www.explorationwellness.com

- Select *Reward Program*, then select *Reward Point Program*
- Scroll down to find "H₂O, Don't Wait, Get 8!"
- Enter your completion date and click: *Did it*
- Your points will be added to your overall point score

