

Drink Up!

Let's Move This Week

September 13, 2013

Drink
UP:



According to the CDC, approximately one fourth of children do not drink any water on a given day. On September 12th, First Lady Michelle Obama joined the *Partnership for a Healthier America (PHA)* and actress Eva Longoria in Watertown, Wisconsin to announce PHA's new effort- **Drink Up** – to encourage everyone to drink more water, an easy choice to improve health and well-being every day. The effort brings together more than a dozen organizations committed to encouraging everyone to drink more water more often. To learn more about **Drink Up**, visit

www.youarewhatyoudrink.org.

Check out their Twitter @letsmove, and their Facebook www.facebook.com/letsmove, and Michelle Obama's Instagram @michelleobama to see all the action on the First Lady's trip to Watertown! Join the effort and share a photo of yourself drinking water using hashtag #DrinkH2O.



*“You are what you drink-
and when you drink water,
you Drink Up.”*



DRINK MORE WATER:

Your skin, your hair, your mind, and your body will thank you!

5 Tips to Help You Drink More:

1. Have a beverage with every snack and meal.
2. Choose beverages you enjoy; you're likely to drink more liquids if you like the way they taste. While water is the best choice, try adding a splash of lemon to make it more appealing!
3. Eat more fruits and vegetables. Theirs high water content will add to your hydration. About 20% of our fluid intake comes from foods.
4. Keep a bottle of water with you in your car, at your desk, or in your bag.
5. Choose the beverage that meets your individual needs. If you're watching calories, or sugar intake in children, go for water.



WebMD has put out a list of 6 reasons to make sure you're drinking enough water:

1. **Drinking water helps maintain the balance of body fluids:** Your body is composed of about 60% water. The functions of these bodily fluids include digestion, absorption, circulation, creation of saliva, transportation of nutrients, and maintenance of body temperature. When you're low on fluids, the brain triggers the body's thirst mechanism. Unless you are taking medication that make you thirsty, you should listen to those cues and get yourself a drink of water.
2. **Water can help control calories:** For years, dieters have been drinking lots of water as a weight loss strategy. While water doesn't have any magical effect on weight loss, substituting it for higher calorie beverages can certainly help. Food with high water content tends to look larger, its higher volume requires more chewing, and it is absorbed more slowly by the body, which helps you feel full. Water-rich foods include fruits, vegetables, broth-based soups, oatmeal, and beans.
3. **Water helps you energize muscles:** Cells that don't maintain their balance of fluids and electrolytes shrivel, which can result in muscle fatigue.
4. **Water helps keep skin looking good:** Your skin contains plenty of water, and functions as a protective barrier to prevent excess fluid loss. Dehydration makes your skin look more dry and wrinkled, which can be improved with proper hydration.
5. **Water helps your kidneys:** Body fluids transport waste products in and out of cells. If you drink too little, you may be at risk for kidney stones, especially in warm climates.
6. **Water helps maintain normal bowel function:** Adequate hydration keeps things flowing along your gastrointestinal tracts and prevents constipation. When you don't get enough fluid, the colon pull water from stool to maintain hydration--- the result is constipation.