



Healthy Choices Count!

IowaHealthiestState.com

JANUARY

NEW YEAR'S RESOLUTION: DRINK MORE WATER!

#HealthyChoicesCount

DID YOU KNOW?

Between 70-80% of your body is made up of water! Water acts like fuel in your body. Drink plenty of water throughout the day to keep your body running smoothly!



STRATEGY 2: Limit or eliminate sugary drinks. Provide water.

- Does your site/school have a vending machine policy limiting sugary drinks available to students and/or staff?
- Does your site/school provide access to fresh drinking water, in all spaces at no cost to student and staff at all times?



STICK TO IT!

Sticking with a resolution is hard!

That's why we've gathered these tips to help you drink more water:

- Infuse your water with real fruit like citrus or berries.
- Buy a new water bottle so it's always accessible.
- Make it fun with silly straws and stickers.
- Need a little fizz? Add a splash of seltzer!
- Use a chart to track your water intake during the day!

CHOOSE WATER OVER...

Soda: The extra sugar in soda may lead to weight gain and tooth decay.

Sports Drinks: Most people don't need them. They are recommended only when you are doing intense physical activity for at least an hour or longer. Water is the #1 thirst quencher for athletes!

Juice Products: Labels with "-ade," "drink," or "punch" often contain only 5% real fruit juice or less.



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