



JANUARY NEW YEARS RESOLUTION: DRINK MORE WATER

#HealthyChoicesCount



STATE OF IOWA DEPARTMENT OF
Health AND Human
SERVICES

FIND MORE 5-2-1-0 RESOURCES:
www.iowaHealthiestState.com/5210



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:

- [Make Water More Fun!](#)
- [Activity Sheet: Drink More Water](#)
- [Water is Fuel For Your Body](#)

CHOOSE WATER OVER....

Can't make it outside? Try these indoor resources!

- [Best Drinks for Young Children](#)
- [How Much Sugar Do You Drink?](#)
- [Juice - Is it a Healthy Choice, or Occasional Treat?](#)

