

5210 FEATURE:

January

New Year's resolution: Drink more water!



Here's how you can put 5-2-1-0 into action this month:

WHY DRINK WATER?

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 you body running smoothly. Water is a low-cost and healthy alternative to sugary drinks. Choose **WATER** over:

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

Sports drinks – 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.

Help kids learn more about water with this fun [5-2-1-0 worksheet](#).

TRY THESE TIPS:

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! (*Find more flavor ideas [here](#).)*)
- Buy a new water bottle so water is always accessible.
- Make it fun with silly straws or ice cube molds. (*Find links to buy [here](#).)*)
- Need a little fizz? Try adding a splash of seltzer.
- Use a chart to track your water intake throughout the day.

Looking for more ideas? [Click here](#).



The 5-2-1-0 Feature is brought to you by:



Healthiest State
INITIATIVE



Share your 5-2-1-0 fun on social media:

#HealthyChoicesCount

