

Drinking water daily is important for overall good health. This *no calorie* beverage helps to keep your body systems performing at their best while also quenching your thirst!

## **SNAP Summer Fun and Sun!**

**CHECK OUT THE BENEFITS OF DRINKING WATER!**



**maintains body temperature**

**hydrates skin**

**lubricates joints**

**reduces stress**

**replaces fluid lost from sweating**

**helps body absorb nutrients**

**better digestion**

### How Much is Enough?

Let your thirst be your guide. A healthy body can balance water needs throughout the day.

Water losses are balanced with water intake, and a healthy body has a sophisticated system that works to maintain water balance

### Everyone's Needs are Different



Individual water requirements vary from person to person, and can depend on many factors such as activity level and environment.

Drink plenty of water if you are very active, live or work in hot conditions, or are an older adult.

### How can You Get Enough?

Most of us get enough water from the foods we eat and the beverages we drink.

Fill a clean, reusable water bottle and toss it in your bag or briefcase to quench your thirst throughout the day.

Eat hydrating fruits & vegetables like cucumbers, watermelon, peppers, and peaches.

Choose water, low-fat milk and 100% fruit juice instead of sugary drinks.


### DEHYDRATION URINE COLOR CHART



#### SIGNS OF DEHYDRATION

Dry lips and mouth	Feeling lightheaded, tired or dizzy	Rapid heartbeat
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# MOVE MORE

Most adult Americans need between 30-60 minutes of physical activity each day. Move more and sit less!

**Include a mix of activities that:**



Increase Heart Rate



Strengthen Bones



Build Muscle

**Make it part of your day, everyday!**

You're never "too busy" if you make activity part of your daily routine!



- Manage weight
- Reduce risk of chronic disease
- Feel more energetic
- Have fun
- Have better physical, mental, and emotional health
- Improve memory, attention, and academic performance
- Improve flexibility and balance
- And so much more!

## Kick Up Your Water with Some Flavor !

Keep it simple with one option, or mix flavors together.

Start with one gallon of water...

Refrigerate for several hours or overnight to allow the most flavoring. Water will last up to 3 days in the refrigerator

### Strawberry Kiwi



**12 to 16 Strawberries (about 1 pint) and 2 Kiwi**

**Peel the kiwi. Slice both fruits into thin slices**

### Citrus

**Lemons, Limes, Oranges Or a combination! 2 small or 1 large Slice thinly in whole circles or, quarter wedges. Leave skin on for fruit added color and flavor**

### Herbs

**10 small leaves or 1 small sprig of Mint or Basil**

**Tear or crush the leaves to release the flavor.**