

2022 EAT, LIVE, AND BE HEALTHY WELLNESS CHALLENGE

JULY 2022

In 2022, the Chronic Disease Action Team of the Healthy St. Mary's Partnership is encouraging community members to join our year-long wellness challenge. This challenge will promote healthy habits, provide education and resources, and encourage community members to eat, live, and be healthy in 2022!

July Challenge

TRACK & INCREASE HOW MUCH WATER YOU DRINK

Goal: Improve hydration and cut back on sugar-sweetened beverages



Keep Calm
and
Drink More
Water

Getting enough water every day is important for your health. Drinking water can prevent dehydration, a condition that can cause unclear thinking, result in mood change, cause your body to overheat, and lead to constipation and kidney stones. Water has no calories, so it can also help with managing body weight and reducing calorie intake when substituted for drinks with calories, such as sweet tea or regular soda.

Water helps your body:

- Keep a normal temperature.
- Lubricate and cushion joints.
- Protect your spinal cord and other sensitive tissues.
- Get rid of waste through urination, perspiration, and bowel movements.

JULY RESOURCES

5 WAYS TO TRICK
YOURSELF INTO
DRINKING MORE WATER



Printable Water Tracker

Use this tracker to see how much water you are consuming and try to increase that amount throughout the month!

Infused Water Recipes

Looking to add some extra flavor to your water? These fruit-infused water ideas are both delicious and refreshing.



Remember to submit your water log by August 1 to be entered to win this month's prize!

SUBMIT YOUR WATER
LOG HERE