



HEALTHY HINTS

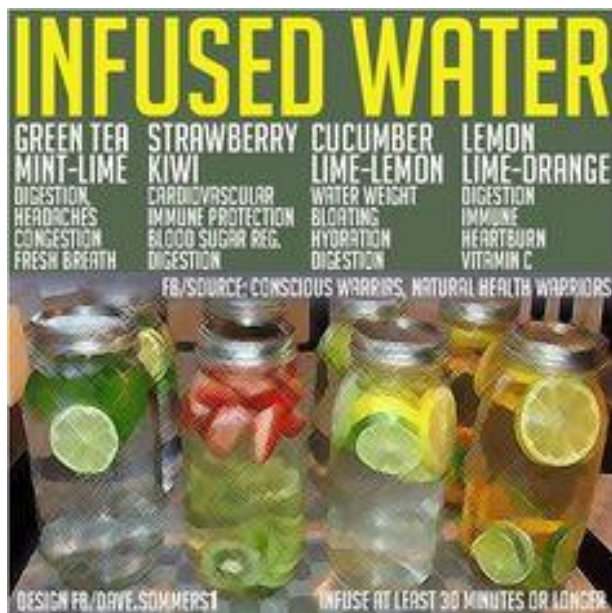
Just for the HEALTH of it!™

WEEK TWO-Nutrition Challenge: WATER

WATER! It's Calorie FREE, it's inexpensive, and you can access it pretty easily!

So how much fluid does the average, healthy adult living in a temperate climate need? The Institute of Medicine determined that an adequate intake (AI) for men is roughly about 13 cups (3 liters) of total beverages a day. The AI for women is about 9 cups (2.2 liters) of total beverages a day.

Water can be so BORING. How can I incorporate water into my daily intake? Try infused water. Add fresh fruit. Add ice. Eat more vegetables or fruit!



DRINK UP! Removes toxins, helps reduce hunger, you will eat less if you drink more, increase weight loss, skin becomes more supple, reduces wrinkles!

Bring a pitcher to your work and share with you TEAM!

<http://www.medicalnewstoday.com/articles/306638.php>

<http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256>