



HYDRATION

WATER IS ESSENTIAL
FOR YOUR BODY TO
PERFORM ITS BEST.
EVERY ORGAN, TISSUE,
AND CELL NEEDS WATER
TO RUN PROPERLY.

Log on to www.myHealthCheck360.com
to track your water today!

HYDRATE YOUR BODY

Ensure your body functions at its best by staying hydrated.

WATER IN OUR BODY

- Removes waste through urine
- Controls body temperature, blood pressure, and heart rate
- Helps maintain a healthy metabolism

HOW MUCH WATER DO I NEED?

- Every individual's needs are different, so be sure to talk to your doctor. A good rule of thumb is eight 8-ounce glasses of water each day
- Pay attention to the color of your urine; pale usually means you are hydrated, dark may mean you need to increase your water intake

IS WATER THE ONLY WAY I CAN HYDRATE?

- Water is the best choice for hydrating your body. Sugary drinks and caffeinated beverages can act as a diuretic, causing you to lose more fluids. Eating foods with a high water content can also help replenish fluids in the body

- Cucumber
- Lettuce
- Celery
- Watermelon
- Tomatoes
- Green peppers