Drink Up!

Hydration Challenge

Earn up to 10 Be Well UC Points!

Benefits of Drinking Water

- Lubricates the joints.
- Forms saliva and mucus.
- Delivers oxygen to the body.
- Boosts skin health.
- Cushions the brain, spinal cord, and other sensitive tissues.
- Regulates body temperature.
- The digestive system needs it.
- Flushes body waste.
- Helps maintain blood pressure.
- Airways need it.
- Makes minerals and nutrients accessible.
- Prevents kidney damage.
- Boosts performance during exercise.
- Weight loss.

For more information check out https://www.medicalnewstoday.com/articles/290814.php

Don’t forget to upload your tracking sheet to wellness@uc.edu or ML0039!

Eat Well

Questions? Please contact wellness@uc.edu

uc.edu/hr/bewelluc
This challenge will go for 14 days! For every 8 ounces you drink, cross off one glass of water on the table below!

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
</table>

Turn in this tracking sheet to wellness@uc.edu or to ML0039 to earn your 10 Be Well UC Points!

Need some flavor? Add some fresh and healthy fruit to mix it up! Here are some good combinations:

- [Strawberries](#)
- [Lemons](#)
- [Watermelons](#)
- [Kiwis](#)
- [Blueberries](#)
- [Oranges](#)

Check out [https://www.blogilates.com/30-day-water-challenge/](https://www.blogilates.com/30-day-water-challenge/) for more tips and tricks on how to drink more water!