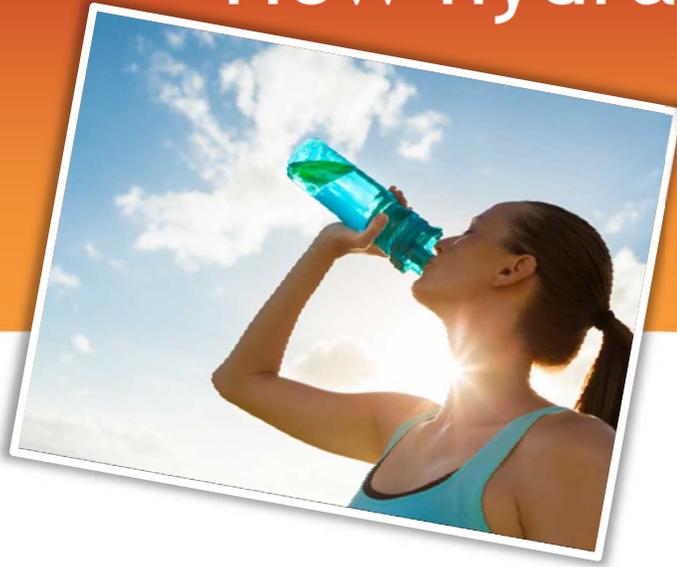


How hydrated are you?



Benefits of drinking water:

- Weight loss
- Energy
- Headache cure
- Healthy skin
- Digestive problems
- Cleansing & kidney health
- Better exercise

6 ways to make water a habit:

1. Drink a glass of water with each meal
2. Carry a water bottle with you throughout the day
3. Keep water on your desk at work
4. When you feel like a snack try drinking water first
5. Substitute water instead of a coffee or soft-drink, drink water
6. Track you water. Record the number of glasses you drink.

10 AMAZING benefits of water

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WATER IN BODY
Good Parenting Brighter Children

HOW MUCH DO YOU REALLY NEED?

1 / **8** = **8**

BODY 70%

BRAIN 75%

LUNGS 90%

BONES 25%

BLOOD 85%

SKIN 80%

MUSCLE 75%

LIVER needs water to function

STOMACH needs water for digestion

and how it makes
kids smarter!

goodparentingbrighterchildren

30 DAY

Water

CHALLENGE

FOR THE NEXT 30 DAYS
DRINK WATER!



- After Waking up
- 30 minutes before breakfast
- 1 hour after breakfast
- 30 minutes before Lunch
- 1 hour after lunch
- During Tea break
- 30 minutes before dinner
- Just before going to bed

- Reduce coffee, tea or soda or artificial sweeteners. Best if avoided.
- You can take the challenge without any changes to your diet or exercise.
- Don't drink all the water at once. Please follow the pattern above.

www.30daychallengesonline.com

Top 10 Hydrating Foods



Challenge yourself this week to stay hydrated! Now that the weather is getting warmer, we must consciously hydrate more. This will help regulate body temperature, keep our organs functioning properly and simply improve our energy and mood!