

City of Tampa Summer 2024 Hydration Challenge

July 22 through August 23

Did you know water makes up about 60% of our body weight? Every cell, tissue, and organ in our body needs water to function properly.

Water supports proper digestion, helps prevent constipation, flushes toxins from the body, promotes good kidney function, keeps our joints and muscles lubricated, supports healthier and younger-looking skin and helps regulate body temperature.

To prevent dehydration, consider drinking water regularly with meals, while exercising, and when you feel thirsty.

Ways to Drink More Water

How much water do we need to stay healthy? One general guideline is to drink around half your body weight in ounces of water each day – or more if you are physically active. For example, if you weigh 200lb, you will drink 100 ounces of water.

Here are three (3) ideas that may help you increase your fluid intake throughout the day:

1. **Try flavoring your water:** Add fruit to your water. Lemons, limes, and oranges are tried and true. Cucumber, watermelon, strawberries, and herbs also are delicious options.
2. **Tie it to a routine:** Start and end your day with a glass of water. Drink a glass of water every time you brush your teeth, eat a meal, or use the bathroom. Set an alarm on your phone to drink some water every 1-2 hours.
3. **Use a fancy water bottle:** Invest in a large refillable water bottle you can carry with you all day – keep it filled up and make a game of tracking how much water you drink!

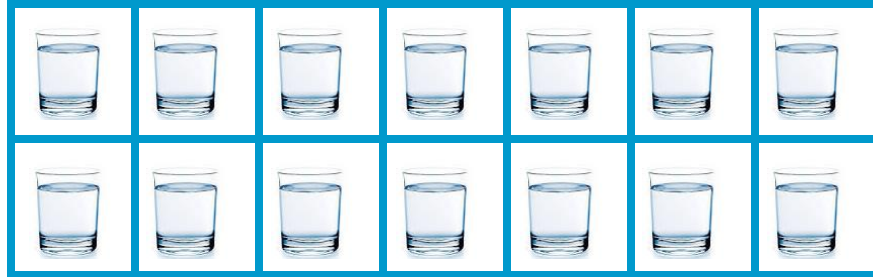
Flip this page over to see more tips and to find the 2-week hydration challenge tracker!

Hydration Challenge Instructions:

Use the tracker below to complete the 2-week challenge. **Each box = 1 day.**

Challenge runs from July 22 through August 23, 2024.

Check one box for every day you drink half your body weight in ounces in water*.



***Does not need to be on consecutive days**

Once you check all 14 boxes, submit your entry here:



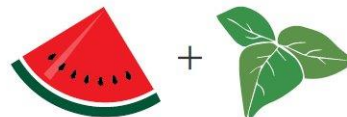
The first 100 people to send in their completed tracker will receive a prize!

MAKE YOUR OWN FLAVORED WATER

Prepare any of the combinations here or create your own blend. Add the ingredients to a two-quart pitcher and fill with water. Chill in the refrigerator overnight, then strain to remove the solids.



½ English cucumber, sliced
½ cup fresh mint leaves



4 cups cubed watermelon
¼ cup fresh basil leaves



1 cup sliced oranges
1 cup sliced limes



1 cup sliced kiwis
1 cup sliced strawberries

Resource: Mayo Clinic Health System: Tips for Drinking More Water:

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/tips-for-drinking-more-water>,
August 16, 2023. Accessed April 2, 2024