

## **AUGUST – WATER CHALLENGE**

Drinking water and staying hydrated is a key to healthy bodily functions and staying cool during the hottest months.

*Did you know:*

- Your body is made of 60-70% water.
- Water improves energy levels and brain function.
- Water can treat or prevent headaches and relieve constipation.
- Drinking more water can help you lose weight – by increasing satiety (making you feel less hungry) and boost metabolic rate (metabolism).

***Make it your goal to drink at least 64ounces (or 2 liters) of water daily!***