

MNI KIN WICONI

CWOO FAMILY HYDRATION CHALLENGE

WE'D LOVE FOR YOUR FAMILY TO PARTICIPATE IN OUR HEALTH CHALLENGE! OUR GOAL IS TO CONSUME EIGHT 8-OUNCE GLASSES OF WATER PER DAY. EVERYONE WHO DRINKS OVER 1,000 OUNCES OF WATER WILL BE ENTERED INTO A DRAWING FOR A FUN PRIZE! THIS IS A FUN CHALLENGE FOR THE WHOLE FAMILY, PARENTS AND CARETAKERS TOO!

OCTOBER

Check a box for every glass drank!

Sun Mon Tue Wed Thu Fri Sat

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Drinking more water will energize you, help your body and brain function optimally, and naturally reduce your daily calorie intake.

Mni kin Wiconi- Water is so sacred and powerful!

*turn in to front desk at the end of the month to be entered!

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Let's take a look at some of the ways staying hydrated will boost your health:

Improved heart health. Research has found numerous heart health benefits associated with drinking water. According to the American Heart Association, keeping your body hydrated helps the heart pump blood through the blood vessels to the muscles. When you're well hydrated, your heart doesn't have to work so hard!

Weight management. Although water doesn't have any magical weight-loss properties, drinking more water can help keep your calories in check and promote a healthy weight. Replacing sugary beverages with water can significantly lower your calorie and sugar intake each day. Keeps you regular. Water does a lot for your digestive and gut health. According to Mayo Clinic, drinking water during or after a meal aids the digestive system and helps break down food so that your body can absorb the nutrients. It also helps prevent constipation and keeps you regular.

More energy. Because water helps your body and brain perform optimally, you'll naturally feel more energized and alert throughout the day. Dehydration leads to feelings of fatigue that can really drag you down.

Prevents and treats headaches. One of the most common side effects of dehydration is a headache. Drinking enough water throughout the day will help prevent and treat those pesky headaches.

Glowing skin. Drinking enough water and staying adequately hydrated can help boost your skin health. Water helps rid your skin of any impurities and toxins. It also keeps your skin hydrated and looking plump.

Healthy kidneys. Water helps your kidneys function properly by clearing excess sodium and toxins from the body. Drinking enough water also helps prevent kidney stones and UTIs.

As you can see, water plays a critical role in your health. So keep on sipping!