

FITEX WEEK 4

Hydration



JUST FOR YOU

It is important to stay hydrated even in the cooler months. Your body loses water through breathing and other bodily functions, just like it does in the summer; however, many people don't think to hydrate as much since they aren't sweating. Remember people still need approximately 90-120 ounces of water per day to stay well hydrated. Everyone's goal will be a little different, but remember to drink up!

TEAM TALK

Talk with your team about your favorite ways to drink water and stay hydrated. Do you like fruit-infused water? Do you set reminders in your planner or electronic devices to drink water? Learn about different techniques your teammates use to stay hydrated this winter!

Tell your team and/or post on social media your favorite ways to drink water using the hashtags:



#FitEx #StayHydrated

RECIPE OF THE WEEK

The recipe for this week is our Green Smoothie. Also known as our "Green Monster Smoothie," this drink is packed with healthy ingredients to help you get the most nutrients into your day.

Try making this recipe at home and post a picture on your social media using the hashtags:

"#GreenSmoothie" and "#DrinkYourGreens" Scan the QR code below to take you to the recipe.

TIPS TO STAY HYDRATED

Remembering to stay hydrated can be difficult. Below are some tips to help drink more water through the cooler months.

- Drink hot beverages to help you warm up while you get your fluid intake. Non-caffienated teas, hot chocolate, and warm cider feel seasonal and keep you hydrated.
- Mark your water bottle with amounts you want to drink before different times of the day.
- Use a reusable straw to make taking a sip as easy as possible - you don't need to even unscrew a bottle top!

