



WellNYS  
Everyday

# 2020 Monthly Challenge

Register at [wellnys.goer.ny.gov](http://wellnys.goer.ny.gov)

# July

Stay hydrated with water.

s	m	t	w	t	f	s
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Holiday

*In 2020, participate in THE THREE every day by doing the following:*

- 1) Practice the WellNYS Daily To-Do. If you'd like an extra challenge, try the "Go Beyond the Challenge" starting July 20<sup>th</sup>.
- 2) Check off that you did the Daily To-Do on the Monthly Challenge tracking form that can be found at [wellnys.goer.ny.gov/](http://wellnys.goer.ny.gov/).
- 3) Ask your wellness partner, did you do the WellNYS Daily To-Do?



# July WellNYS Daily To-Do

Once you've completed the To-Do, check the box!

Please do your part: stay six feet apart, wear a mask, and wash your hands.

- 1  The Monthly Challenge for July is to stay hydrated with water. To register for the Monthly Challenge go to [wellnys.goer.ny.gov/](http://wellnys.goer.ny.gov/)
- 2  Drinking enough water each day is crucial for many reasons: to regulate body temperature, keep joints lubricated, prevent infections, deliver nutrients to cells, and keep organs functioning properly. Being well-hydrated also improves sleep quality, cognition, and mood. [hsph.harvard.edu/news/hsph-in-the-news/the-importance-of-hydration/](http://hsph.harvard.edu/news/hsph-in-the-news/the-importance-of-hydration/)
- 3  Is it time for a sip of water? Most likely, the answer is yes! So, pose this question to your friends, family, and co-workers. It's an easy way to remind people it's time for a drink of water.
- 4  Happy 4th of July! Keep a cooler filled with water and ice handy so it's available whenever you need it.
- 5  A great investment is a container that keeps ice in your cup all day. Just remember to fill it often and keep it with you.
- 6  Water challenges are fun to do with co-workers. In the beginning of the day, challenge one or more of your co-workers to drink just water by the end of the workday. At the end of the day, have everyone report how often they have consumed water and declare a winner!
- 7  If you are tired of plain water, try fruit-infused water. For the next seven days, the WellNYS Daily To-Do will provide seven unique, delicious water recipes. Today's recipe includes combining grapefruit and rosemary. The tanginess of grapefruit along with earthy rosemary give this drink a nice flavor.
- 8  Today's fruit-infused water recipe is often served in spas and is very easy to make. Combine lemon, ginger, and mint and let it steep in the refrigerator so all the flavors marry.
- 9  It's strawberry season. Combine strawberries and lime with water. It provides a sweet and tangy combination.

- 10  Try infusing your water with pineapple and basil.
- 11  Fill a pitcher of cold water and add cubes of watermelon and slices of strawberries for a delicious drink.
- 12  Slice kiwi and oranges and put them into a glass. Fill the glass with cold water and enjoy!
- 13  Do a taste test with family members. Refrigerate fruit-infused water. Before serving, remove the fruit and ask if they can name the flavors!
- 14  Check in with your wellness partner and ask them to share their favorite fruit infused water recipe.
- 15  Do you know what is the most important time of day to drink water? Immediately upon waking up. After sleeping for so many hours, your body becomes dehydrated and water is exactly what your body wants.
- 16  "Cheers" is a word many people use when toasting to something special. Celebrate your health every day with your family and friends by toasting with a glass of water. "Here's to our health."
- 17  During the summer we tend to perspire more often than in any other season. Stay hydrated by taking a few sips of water every half hour.
- 18  According to the Centers for Disease Control, here are some signs of dehydration in adults: thirst, dry mouth, headache, feeling light-headed, low urine output, or dark yellow urine.
- 19  Here is an excellent resource from the Centers for Disease Control on how to make water safe to drink if your community has had a water main break. [cdc.gov/healthywater/emergency/pdf/make-water-safe-H.pdf](http://cdc.gov/healthywater/emergency/pdf/make-water-safe-H.pdf)

Number of days completed

## GO BEYOND THE CHALLENGE

- 20  There are so many kinds of water to enjoy drinking. Plain, carbonated, sparkling, and seltzer water can each be flavored in many ways. The next time you go to the grocery store, spend some time in the water aisle and find a flavor you've never tried. It may be your new favorite. Take note as some water products do add sugar.
- 21  Do you need a reminder to drink more water? There are apps that you can set up on your smart phone to remind you to drink water. Search the App Store for a "Drink Water Reminder."
- 22  Drinking water is often something we simply forget to do. So, an easy way to remember is to drink a glass of water after every bathroom break.
- 23  Does everyone in your household have a nice water bottle? If not, this is a great gift that they will use often.
- 24  Instead of cocktails after work, try a mocktail with sparkling water! Put it in a fancy martini glass or a wine goblet.
- 25  Set up cues to make drinking water a habit. Every time you pick up the phone, take a drink of water, every time you get a text, take a drink of water, or every time you are hungry and open the refrigerator, take a drink of water. Do whatever works for you, so you will drink more water.
- 26  Just for today, instead of consuming drinks like coffee, soda, or tea, can you choose just water?
- 27  Do you have a headache? Before reaching for medicine, have a glass of water. You may very well be dehydrated.
- 28  If you want to go high tech, there are products called "Smart" water bottles. There are sensors in the bottle which send information to your phone, and then your phone will send you notifications reminding you to drink water.
- 29  Water is an appetite suppressant. Drinking water before meals can make you feel fuller and can help reduce your caloric intake.
- 30  Today is the last day of July. Have you been drinking more water? If not, put it on your to-do list. If you registered and participated in the Monthly Challenge, go to the WellNYS Everyday website at [wellnys.goer.ny.gov](http://wellnys.goer.ny.gov) and check off the days you participated in the Monthly Challenge.