



Activity Title: KEEP HYDRATED
Activity Type: Individual
Duration: One week or one month
Point Values: - 1 point for drinking 16 oz. of water
- 2 points for drinking 32 oz. of water
- 14 points maximum per week
- 62 points maximum per month

Description

One of the best and most simple health promotion activities in any environment is to encourage the drinking of water. Workplace fatigue can often be traced to dehydration. Increasing productivity can be as easy as making sure that the workforce is properly hydrated. Approximately 60% of our body weight is water. It is vital to every system in our body. **KEEP HYDRATED** raises awareness of the valuable health benefits associated with drinking proper amounts of water.

Many different recommendations exist on how much water or “fluids” should be consumed daily. One of the most popular suggestions is 64 ounces, or 8 cups (8 oz. per cup) per day. This really means 64 ounces of “fluid” per day. Fluids are contained in all the beverages and foods that we consume. The **KEEP HYDRATED** activity focuses only on water, and ensures that a substantial portion of a person’s daily fluid intake is satisfied with healthy water.

How It Works

1. Determine the duration of the activity and establish incentives, if any, for points earned.
2. Share the activity *Description*, *Wellness Benefits* and *Resources* with employees.
3. Provide employees with, or encourage them to obtain, a 16 oz. or 32 oz. container for their workstation that easily measures water consumption.
4. Post the **Group Scoreboard** in a high traffic area where employees can enter either “1”, for 16 ounces, or “2”, for 32 ounces of water consumed.
5. Communicate before and during the activity, using the resources, health information and quotes provided. Emails, social media postings, posters and communication from management can be effective in promoting participation. Get people excited about drinking more water!
6. At the end of the activity, award points earned and incentives. Certificates of Achievement can be awarded for a month-long activity as follows: Gold = minimum of 50 points. Silver = minimum of 40 points. And, Bronze = minimum of 30 points. Consider having a prize drawing at each achievement level – maybe a water bottle with the company logo on it?
7. Invite people to complete the **Activity Survey** and share what they learned.



Wellness Benefits

- Maintains the body's fluid balance
- Flushes toxins out of vital organs
- Carries nutrients to your cells and provides a moist environment for ear, nose and throat tissues
- Keeps you hydrated, which allows the body to carry out normal functions and keeps you energized and alert
- Helps to regulate body temperature
- Lubricates and protects joints and organs
- Moisturizes skin and increases its elasticity, making it look younger and healthier
- Raises metabolism and helps with digestion and constipation
- Relieves fatigue brought on by dehydration
- Energizes muscles
- Assists with weight management by curbing appetite and as a substitute for higher calorie beverages
- Improves mood
- May reduce the risk of bladder and colon cancers

Measureable Outcomes

- Did employees increase their water consumption during the activity?
- Did people indicate that they were going to continue to drink more water?
- Did people report that they learned valuable health information from the activity?
- Did people report an increase in their energy level during the activity?
- Did the workforce appear more alert and energized during the activity?

Resources

About.com Nutrition (nutrition.about.com)

"You Need to Drink More Water"

Link: <http://nutrition.about.com/od/hydrationwater/a/waterarticle.htm>

Centers for Disease Control and Prevention (cdc.gov)

"Water & Nutrition"

Link: <http://www.cdc.gov/healthywater/drinking/nutrition/index.html>

Discovery Fit & Health (health.howstuffworks.com)

"Benefits of Drinking Water"

Link: <http://health.howstuffworks.com/wellness/food-nutrition/healthy-eating/drinking-water.htm>

EverydayHealth.com

"The Health Benefits of Water"

Link: <http://www.everydayhealth.com/water-health/water-body-health.aspx>

Improving Health & Energy (improving-health-and-energy.com)

"What is the Health Benefit of Water?"

Link: <http://www.improving-health-and-energy.com/health-benefit-of-water.html>

Livestrong.com

"Why is Water Important in a Balanced Diet?"

Link: <http://www.livestrong.com/article/409715-why-is-water-important-in-a-balanced-diet/>



Resources continued

Mangosteen Natural Remedies (mangosteen-natural-remedies.com)

“Top 11 Benefits of Drinking Water and How”

Link: <http://www.mangosteen-natural-remedies.com/benefits-of-drinking-water.html> - Benefits

Mayo Clinic (mayoclinic.com)

“Water: How Much Should You Drink Every Day?”

Link: <http://www.mayoclinic.com/health/water/NU00283>

Organic Facts (organicfacts.net) “Health Benefits of Drinking Water”

Link: <http://www.organicfacts.net/health-benefits/other/health-benefits-of-drinking-water.html>

Self.com

“Water: Health Benefits, Safety and More!”

Link: <http://www.self.com/health/2011/05/harness-health-benefits-of-water>

ShapeFit.com

“Benefits of Water”

Link: <http://www.shapefit.com/water-benefits.html>

Sharecare.com

“How Much Water Should You Drink in a Day?”

Link: <http://www.sharecare.com/health/diet-nutrition/article/how-much-water-do-you-really-need>

WebMD (webmd.com)

“6 Reasons to Drink Water”

Link: <http://www.webmd.com/diet/features/6-reasons-to-drink-water>

Additional Ideas

1. Provide a source for clean, filtered water that’s easily accessible.
2. Be Green! Discourage buying water in plastic throwaway bottles.
3. Encourage supervisors to remind workers to keep hydrated throughout the day. It’s a good health and safety practice.
4. Create a “Health & Wellness Testimonials” book that maintains a record of people’s successful efforts to live a healthy lifestyle. Encourage people to share their achievements, e.g., learning to substitute water for soda, developing healthy snack habits etc.
5. Create a team of “Wellness Ambassadors” who share healthy habit activities and ideas with other organizations.

One-Day Challenges

1. “Water Only Challenge” – make water the only beverage consumed during the workday.
2. “8 x 8 Water Challenge” – up the water intake by drinking 8 cups (8 oz. each) of water, 8 times over the course of an entire day (64 ounces total).
3. “Water Taste Challenge” – participate in a water taste test that compares expensive store-bought, inexpensive store-bought and tap water.
4. Take the “Dehydration Quiz Challenge” – see if people know the signs of dehydration in their own body. (Search “Signs of dehydration” for information).
5. “Tell a Loved One Challenge” – invite people to share the benefits of drinking water with at least one other person.



Quotes

1. *"We never know the worth of water till the well is dry."* – Thomas Fuller, *Gnomologia*, 1732
2. *"Pure water is the world's first and foremost medicine."* – Slovakian Proverb
3. *"I believe that water is the only drink for a wise man."* – Henry David Thoreau
4. *"When the well is dry, we learn the worth of water."* – Benjamin Franklin
5. *"In one drop of water are found all the secrets of the oceans."* – Kahlil Gibran
6. *"When you drink the water, remember the spring."* – Chinese Proverb
7. *"Water, taken in moderation, cannot hurt anybody."* – Mark Twain
8. *"Water is the driving force of all nature."* – Leonardo da Vinci
9. *"Not all chemicals are bad. Without chemicals such as hydrogen and oxygen, for example, there would be no way to make water, a vital ingredient in beer."* – Dave Barry
10. *"I drink tons of water. Just as much water as I can possibly drink."* – Hillary Clinton
11. *"The air we breathe, the water we drink, and the land we inhabit are not only critical elements in the quality of life we enjoy - they are a reflection of the majesty of our Creator."* – Rick Perry
12. *"With every drop of water you drink, every breath you take, you're connected to the sea. No matter where on Earth you live."* – Sylvia Earle
13. *"I always try to sleep for at least eight hours a night and, of course, water, water, water!"* – Jennifer Aniston
14. *"We have the ability to provide clean water for every man, woman and child on the Earth. What has been lacking is the collective will to accomplish this. What are we waiting for? This is the commitment we need to make to the world, now."* – Jean-Michel Cousteau
15. *"Clean water, the essence of life and a birthright for everyone, must become available to all people now."* – Jean-Michel Cousteau
16. *"By means of water, we give life to everything."* – Koran, 21:30
17. *"If there is magic on this planet, it is contained in water."* – Loran Easley
18. *"Globalization was supposed to break down barriers between continents and bring all peoples together. But what kind of globalization do we have with over one billion people on the planet not having safe water to drink?"* – Mikhail Gorbachev
19. *"Water is critical for sustainable development, including environmental integrity and the alleviation of poverty and hunger, and is indispensable for human health and well-being."* – United Nations
20. *"Water does not resist. Water flows. When you plunge your hand into it, all you feel is a caress. Water is not a solid wall, it will not stop you. But water always goes where it wants to go, and nothing in the end can stand against it. Water is patient. Dripping water wears away a stone. Remember that, my child. Remember you are half water. If you can't go through an obstacle, go around it. Water does."* – Margaret Atwood, *The Penelopiad*
21. *"Human nature is like water. It takes the shape of its container."* – Wallace Stevens
22. *"You can lead a horse to water, but you can't make him participate in synchronized diving."* – Cuthbert Soup, *Another Whole Nother Story*



Quotes continued

23. *"All water is holy water."* – Rajiv Joseph, *Animals Out of Paper*
24. *"No one can know the infinite importance of a tiny drop of water better than a thirsty bird or a little ant or a man of desert!"* – Mehmet Murat ildan
25. *"Maintaining one's health in today's toxic rich environment requires proper rest, hydration, an abundant intake of nutrients, and regular internal cleansing practices"* – Gary Hopkins
26. *"Only a thirsty person can feel the Real Taste Of Water..."* – Rahul Barman
27. *"Water - a thoroughly underrated drink."* – Wayne Gerard Trotman
28. *"Praised be my Lord, for our sister water."* – St. Francis of Assisi, *Canticle of the Sun*
29. *"It is chronic water shortage in the body that causes most diseases of the human body."* – Dr. Fereydoon Batmanghelidj, *Masaru Emoto, The Healing Power of Water*
30. *"Water is life's mater and matrix, mother and medium. There is no life without water."* – Albert Szent-Gyorgyi

Health Facts

From: Mayo Clinic

"Water: How much should you drink every day?"

Link: <http://www.mayoclinic.com/health/water/NU00283>

Water: How much should you drink every day?

Water is essential to good health, yet needs vary by individual. These guidelines can help ensure you drink enough fluids.

By Mayo Clinic staff, October 12, 2011

How much water should you drink each day? It's a simple question with no easy answers. Studies have produced varying recommendations over the years, but in truth, your water needs depend on many factors, including your health, how active you are and where you live.

Although no single formula fits everyone, knowing more about your body's need for fluids will help you estimate how much water to drink each day.

Health benefits of water

Link to: "Functions of water in the body" (<http://www.mayoclinic.com/health/medical/IM00594>)

Water is your body's principal chemical component and makes up about 60 percent of your body weight. Every system in your body depends on water. For example, water flushes toxins out of vital organs, carries nutrients to your cells and provides a moist environment for ear, nose and throat tissues.

Lack of water can lead to dehydration, a condition that occurs when you don't have enough water in your body to carry out normal functions. Even mild dehydration can drain your energy and make you tired.

How much water do you need?

Every day you lose water through your breath, perspiration, urine and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water.



Health Facts continued

So how much fluid does the average, healthy adult living in a temperate climate need? The Institute of Medicine determined that an adequate intake (AI) for men is roughly 3 liters (about 13 cups) of total beverages a day. The AI for women is 2.2 liters (about 9 cups) of total beverages a day.

What about the advice to drink eight glasses a day?

Everyone has heard the advice, "Drink eight 8-ounce glasses of water a day." That's about 1.9 liters, which isn't that different from the Institute of Medicine recommendations. Although the "8 by 8" rule isn't supported by hard evidence, it remains popular because it's easy to remember. Just keep in mind that the rule should be reframed as: "Drink at least eight 8-ounce glasses of fluid a day," because all fluids count toward the daily total.

Factors that influence water needs

You may need to modify your total fluid intake depending on how active you are, the climate you live in, your health status, and if you're pregnant or breast-feeding.

- **Exercise.** *If you exercise or engage in any activity that makes you sweat, you need to drink extra water to compensate for the fluid loss. An extra 400 to 600 milliliters (about 1.5 to 2.5 cups) of water should suffice for short bouts of exercise, but intense exercise lasting more than an hour (for example, running a marathon) requires more fluid intake. How much additional fluid you need depends on how much you sweat during exercise, and the duration and type of exercise. During long bouts of intense exercise, it's best to use a sports drink that contains sodium, as this will help replace sodium lost in sweat and reduce the chances of developing hyponatremia, which can be life-threatening. Also, continue to replace fluids after you're finished exercising.*
- **Environment.** *Hot or humid weather can make you sweat and requires additional intake of fluid. Heated indoor air also can cause your skin to lose moisture during wintertime. Further, altitudes greater than 8,200 feet (2,500 meters) may trigger increased urination and more rapid breathing, which use up more of your fluid reserves.*
- **Illnesses or health conditions.** *When you have fever, vomiting or diarrhea, your body loses additional fluids. In these cases, you should drink more water. In some cases, your doctor may recommend oral rehydration solutions, such as Gatorade, Powerade or CeraLyte. Also, you may need increased fluid intake if you develop certain conditions, including bladder infections or urinary tract stones. On the other hand, some conditions such as heart failure and some types of kidney, liver and adrenal diseases may impair excretion of water and even require that you limit your fluid intake.*
- **Pregnancy or breast-feeding.** *Women who are expecting or breast-feeding need additional fluids to stay hydrated. Large amounts of fluid are used especially when nursing. The Institute of Medicine recommends that pregnant women drink 2.3 liters (about 10 cups) of fluids daily and women who breast-feed consume 3.1 liters (about 13 cups) of fluids a day.*

Beyond the tap: Other sources of water

Although it's a great idea to keep water within reach at all times, you don't need to rely only on what you drink to meet your fluid needs. What you eat also provides a significant portion of your fluid needs. On average, food provides about 20 percent of total water intake. For example, many fruits and vegetables, such as watermelon and tomatoes, are 90 percent or more water by weight.

In addition, beverages such as milk and juice are composed mostly of water. Even beer, wine and caffeinated beverages — such as coffee, tea or soda — can contribute, but these should not be a major portion of your daily total fluid intake. Water is still your best bet because it's calorie-free, inexpensive and



Health Facts continued

readily available.

Staying safely hydrated

Generally if you drink enough fluid so that you rarely feel thirsty and produce 1.5 liters (6.3 cups) or more of colorless or light yellow urine a day, your fluid intake is probably adequate. If you're concerned about your fluid intake or have health issues, check with your doctor or a registered dietitian. He or she can help you determine the amount of water that's right for you.

To ward off dehydration and make sure your body has the fluids it needs, make water your beverage of choice. It's also a good idea to: and after exercise.

Although uncommon, it is possible to drink too much water. When your kidneys are unable to excrete the excess water, the electrolyte (mineral) content of the blood is diluted, resulting in low sodium levels in the blood, a condition called hyponatremia. Endurance athletes, such as marathon runners, who drink large amounts of water, are at higher risk of hyponatremia. In general, though, drinking too much water is rare in healthy adults who eat an average American diet.



KEEP HYDRATED

Individual Scorecard

How many ounces of water did you normally drink each day before the activity? _____

Day of Month	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	Total
Ounces of Water Drank																																
Energy Level																																

During the work day, rate your energy level from 1 (worst) to 5 (best). Do you see a relationship between water consumption and your energy level?

During the activity, on average, how many ounces of water did you consume? _____

Following the activity, do you plan to drink the same amount of water per day as you drank during the activity? _____ Yes _____ No

Group Name: _____
 Month/Year: ____ / ____

KEEP HYDRATED

Group
Scoreboard

#	Name	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	Total
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Totals

Enter "0" for less than 16 oz., "1" for 16 oz., and "2" for a min. of 32 oz. of water drank during the day.



Keep Hydrated

Certificate of Achievement

Awarded to:

for

GOLD LEVEL

Performance

____ / ____
Month Year

Points Earned



Keep Hydrated

Certificate of Achievement

Awarded to:

for

SILVER LEVEL

Performance

____ / ____
Month Year

Points Earned



Keep Hydrated

Certificate of Achievement

Awarded to:

for

BRONZE LEVEL

Performance

____ / ____
Month Year

Points Earned



ACTIVITY SURVEY

Activity Name: _____

Final Day of Activity (MM/DD/YYYY): _____ / _____ / _____

Please rate the statements below by circling the number that best represents your experience.

- 1 – Strongly Disagree
- 2 – Disagree
- 3 – Neither Agree or Disagree
- 4 – Agree
- 5 – Strongly Agree

- | | | | | | | |
|----|--|---|---|---|---|---|
| 1. | I enjoyed this activity. | 1 | 2 | 3 | 4 | 5 |
| 2. | It increased my happiness. | 1 | 2 | 3 | 4 | 5 |
| 3. | It improved my health. | 1 | 2 | 3 | 4 | 5 |
| 4. | It improved my energy level. | 1 | 2 | 3 | 4 | 5 |
| 5. | It reduced my stress level. | 1 | 2 | 3 | 4 | 5 |
| 6. | I learned something valuable about my health and wellbeing from this activity. | 1 | 2 | 3 | 4 | 5 |
| 7. | I plan to make personal lifestyle changes because of this activity. | 1 | 2 | 3 | 4 | 5 |
| 8. | I would like to do this again. | 1 | 2 | 3 | 4 | 5 |
| 9. | The activity improved morale in the workplace. | 1 | 2 | 3 | 4 | 5 |

Please use the back of this page to add comments about your experience.