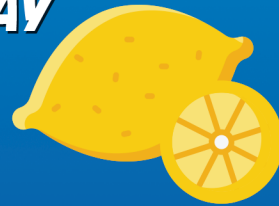


10 WAYS TO DRINK WATER!



YOUR BODY NEEDS EIGHT CUPS* OR MORE OF WATER EACH DAY

Top with Lemon



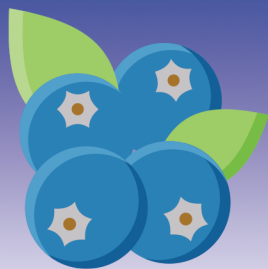
Drop in Fresh Cucumber Slices

Brew a Cup of Herbal Tea

Squeeze in Some Orange Juice



Add Pineapple



Float Blueberries

Sliced Strawberries and Limes



Splash in Cranberry Juice



Add Calorie-Free Raspberry Syrup to Crushed Ice

...or Drink it Fresh!

* Drink water throughout the day rather than all at once. Drink more water when you exercise and if the weather is hot. Some of the daily water needed can come from food and beverages other than water.

WHY WATER?

Drinking water is a great, calorie-free way to satisfy your thirst, but you don't have to rely on it to get all your fluid needs. The foods you eat provide about 20% of your daily water intake and the rest comes from water and other beverages, like low-fat milk, 100% fruit juice, tea and coffee.

WATER IS A GOOD CHOICE BECAUSE IT IS HEALTHY, INEXPENSIVE AND READILY AVAILABLE!

Water makes up 60% of your body weight and plays a vital role in the functioning of your body. Every system in your body depends on water:

- Regulates body temperature
- Moistens tissues such as skin, muscle and other organs
- Helps flush out waste
- Carries nutrients to cells
- Lubricates joints
- Protects organs



WHEN DO YOU NEED MORE?

Heat, humidity and physical activity can increase our fluid needs. If you're physically active more than 90 minutes, choose a sports drink over water. It hydrates your body, while replacing electrolytes lost through sweat.

Carry a refillable, reusable water bottle with tap water to keep yourself hydrated and care for the environment!

The cost of buying bottled water can add up. For the price of one bottle of water, you can get up to 1,000 gallons of tap water.

Bottled water produces up to 1.5 million tons of plastic waste per year.



WATER TIPS

Get in the habit of hydrating - drink water when you wake up, at each meal and between each meal.

Carry a water bottle with you wherever you go - to school, to work, in the car, at the gym or in your backpack.

Drink water before, during and after exercising.



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