



Water, Water Everywhere...So Drink it Already!

There's a reason why water and not Cherry Kool-Aid is the most abundant liquid on Earth. Drinking more water can even help you manage your weight. Here's how:

- If you're not properly hydrated, you might be mistaking thirst for hunger. Drink at least eight 8-oz glasses of pure water daily to prevent overeating.
- Cardiovascular exercise is essential for heart health and lasting weight loss. Without proper hydration, this type of exercise is nearly impossible. Be sure to sip water regularly during workouts, especially in the heat.
- Soft drinks pack about 150 calories of pure sugar into each 12-ounce can. Replace a can a day with water and you'll lose 16 pounds per year!
- Calories in liquids do not satisfy the way that those in solid foods do. Consequently, people who drink caloric beverages habitually take in more calories per day than water drinkers do. The moral of this story? Don't drink your calories.

Not a big fan of plain water? Here are a few ideas on how to jazz it up:

- Keep a pitcher of "spa water" in your fridge, containing sliced oranges, lemons, or cucumbers.
- Make calorie-free herbal sun-tea. Place five bags of your favorite herbal blend in a pitcher of water, allow it to sit by the window for a few hours, remove bags, and serve over ice.
- Try sparkling water with a slice of lemon or lime.
- Add one part fruit juice to seven parts still or sparkling water.

Drink up!

If you would like health programs offered at your workplace, church or community center, please contact CHOICES Health Education and Wellness Program at (352)-334-8889 or e-mail CHOICEShewprogram@doh.state.fl.us
For more information about CHOICES Health Services visit www.choices.com or call (352)-264-6772.