



# Body

## THE POWER TO HEAL

*“Hydrate Your Way to a Better Day”*

There are countless reasons to drink more water. Whether you're aiming for mental, physical or emotional freedom from dis-ease; the absolute best way to start your day, above anything else, is with a tall glass of water. Drinking water first thing in the morning is an immediate way to improve your mood and break the dehydrating fast that occurs overnight in your brain and body. Even though you may be asleep, your organs are still hard at work. The mini drought that your system experiences makes drinking water first thing in the morning the most quenching.

If your body is hydrated, so is your brain.

*You Can Hydrate Your Way to a Better Day*

Staying hydrated with water and more nutrient rich beverages throughout the day have proven to cure chronic headaches, constipation, mental fog and physical fatigue just to name a few.

The concept of drinking water is nothing new, but knowing how to really profit from its power is more uncommon. We are more familiar with its health benefits as it relates to removing toxins, improving skin and hydrating during exercise. However, let's now shift our perspective on water and its impact, by using it as a tool to improve our body's daily capabilities.

Our body, just like the Earth, is roughly made of 70% water. On a day to day basis, water is used to nourish, heal and transform the Earth. So it's no wonder that it can do the same for our bodies.

According to American Journal of Public Health, a recent 3-year study shows that more than half of children and adolescence (ages 6 - 19) in the U.S. are dehydrated on a daily basis. This is mainly due to drinking dehydrating drinks and making poor nutritional beverage decisions. As of 2019, 60% of children and teens are still choosing soda over water at school.

**Great Day encourages you to start new hydration habits with this mini lesson.** Read through the information and start making little changes during your day to help maintain a lifestyle goal that's best for you and the ones you care for. Be sure to check out, “What to Drink and What to Rethink” for more information on proper ways to hydrate.

*Happy Hydrating!*



### Boost your Mood

When you feel frustrated, anxious, confused, tense or upset - try drinking a full cup or two of water to hydrate your brain and help ease your emotions.

### Tests

Studies show that drinking water before an exam can raise test scores up to 5%.

### 1<sup>st</sup> Thing in the Morning

Before your coffee, tea or milk, remember to drink water 1<sup>st</sup> to relieve your body of the dehydration period that occurs throughout to night.

### Before Bed

Warm water calms the central nervous system. A little water can allow you to fall asleep better before.

### Aches

Migraines and headaches can sometimes be caused by chronic dehydration. Drink water right away to help relieve these symptoms.

## Hydrate Your Way To a Better Day

### Learning

Grab some water when you're trying to learn something new.

### Before a Chat

Before getting into a tough conversation or group meeting, hydrate so your brain can think more rationally and clearly.

### On the Hour

Improved health is worth the frequent potty trips. Set your phone or watch to ring every 1 to 2 hours to remind yourself to hydrate; especially when feeling ill.

### Exercise

Drink water before, during and after your workouts.

### Outside

Hot and cold weather are the most common times for dehydration, so be sure to fuel while outdoors.



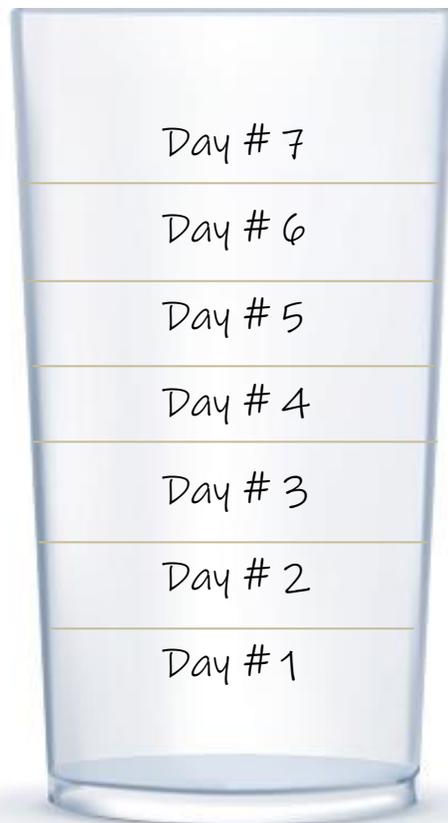
# 7 Day Water Challenge

Make a new habit of drinking water before you eat or drink anything else. Care for your body first and **fill your cup as soon as you wake up!** Color in one section of the water glass each **morning** that you give your brain and body an H2O boost!

“Hydrate Your Way to a Better Day”

**CHALLENGE TIP:**

Prepare for your morning gulp by filling your water bottle or cup at night and placing it near your bedside.



I drank \_\_\_\_\_ cups\ounces this morning.

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