

Week 3

Did you Know?

You can get water from the foods you eat as well. Many fruits and veggies, such as watermelon and lettuce have large amounts of water. Eat up!

Stay hydrated this summer

Want to make an easy and healthy change to your lifestyle this summer? One of the simplest ways you can improve your health is to choose water for your go-to drink.

Water has many health benefits. It helps keep your skin hydrated and helps keep kidneys healthy. If you are trying to lose weight, water is a great weight

loss tool. If you are feeling hungry, try drinking a glass of water. Many times, we mistake hunger with thirst.

Water keeps you hydrated without adding unnecessary calories. We reach for a sugary sports drink to replenish fluids after a big workout, but these drinks are often laden with sugars that we just don't need. Drinking

water is a good solution. Try and replace just one drink a day with a glass of water. These small changes can really add up!



Activity of the Week : Biking

Spend some time outdoors this summer! Dust off your old bike and head outside to stay fit and healthy and best of all, to have fun.!

Benefits of Biking

- Less stress on joints
- Increases muscular strength
- Burns extra calories and fat

