

# August 2025

## Hydration Challenge

Hydration is not just for athletes! Being hydrated is important for your overall health, including heart health, muscle function, temperature control and more. To stay hydrated be sure to drink water before going outside or completing any strenuous activities. Water is the best drink to consume to hydrate your body. Be mindful of hidden calories and added sugars in sports drinks.

This month aim to drink a cup (8 oz.) of water first thing in the morning and at least 8 cups (64 oz.) throughout the day. Check each day you're able to drink a cup of water first thing in the morning and log how many additional ounces of water you drink throughout the day.

Name \_\_\_\_\_ Department \_\_\_\_\_

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					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						

Please submit completed challenge through interdepartmental mail to **Jenifer Pressley** at the Cullowhee Recreation Center by **September 5th**.