



ChallengeME MONTHLY MINUTE



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Monthly topic: **Hydration**

EIGHT BENEFITS OF DRINKING WATER

- 1. Support vital functions of the body**
Your body is composed of about 60% water. Adequate water supply is necessary to support many bodily functions.
- 2. Muscle stamina**
An imbalance of fluids can cause muscle fatigue and make you feel sluggish.
- 3. Kidney function**
Your kidneys are the body's detox system and require adequate water to perform efficiently.
- 4. Ease digestion and promote circulation**
Drinking water adds fluid to the colon, helping to ease digestion.
- 5. Aid weight loss**
Water increases your feeling of satiety, helping you feel full and preventing overeating.
- 6. Soothe joints**
Being hydrated keeps your cartilage soft and supple, helping your joints function properly.
- 7. Clear skin**
Water flushes toxins that result in redness, dullness, dryness, and/or acne.
- 8. Boost brain function**
Dehydration has been linked to negative cognitive changes, such as headaches, fatigue, impaired memory, and increased anxiety.

Fruit Infused Water

Drinking water has many health benefits, including boosting your metabolism, but do you really drink enough water throughout the day? Infused water, also called detox water, can help you reach your hydration goals! Infused water is the combination of fruits, vegetables, and/or herbs immersed in cold water. While infused water has the benefit of being full of flavor, it has little to no calories, making it a powerful tool in your efforts to lose weight and gain better health.

This month, the ChallengeME team will be supplying HQ employees with pitchers of infused water for you to try! Each Tuesday in the month of June, check your nearest pantry from 9-2 and sample the infused water recipe of the week. The four recipes that will be featured are:

- Lemon & Lime
- Strawberry, Lime, and Kiwi
- Watermelon and Basil
- Cucumber and Mint

Also be sure to visit your ChallengeME team in the HQ cafeteria on Monday, June 10th from 11:15 to 12:45 for even more samples!

Infused water recipes are available on the recipe board located on the 1st floor near the wellness room, or on the ChallengeME website! Stop by and pick up your favorite recipe(s) today.

A limited supply of ChallengeME water bottles are available. See or contact Laurie Rowe or Janice Arsenault if interested.



Recipes from wholefully.com/infused-water

Are You Dehydrated?

Dehydration occurs when you use or lose more fluid than you take in and your body doesn't have enough water and other fluids to carry out its normal functions. If you don't replace lost fluids, you will get dehydrated. Dehydration can become dangerous, especially for young children and older adults. Be aware of the following symptoms of dehydration and seek help immediately if you or someone around you shows signs of severe dehydration.

Mild or Moderate Dehydration (rest and drink water): Thirst • Dry or sticky mouth • Little or dark urination • Dry, cool skin • Headache • Muscle cramps

Severe Dehydration (get help immediately!): No or very dark urine • Very dry skin • Feeling dizzy • Rapid heartbeat • Rapid breathing • Sunken eyes • Sleepiness, lack of energy, confusion, or irritability • Fainting

This Month

- 1-30:** LGBT Pride Month
- 4th:** Blood Drive, HQ
- 3-9:** Kennebunkport Festival
- 9th:** Tour de Cure
- 9th:** Old Port Fest (the last one!)
- 10th:** Infused Water Demo, HQ Café
- 14-16:** Trek Across Maine
- 21st:** First Day of Summer
- 22nd:** Shipyard Old Port Half Marathon & 5k
- 23-29:** Windjammer Days, Boothbay

Coming Up July: Sun & Heat Exposure

*Comments, questions, ideas, or submissions?
Please email: kara.a.aguilar@maine.gov*