



# ChallengeME MONTHLY MINUTE

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## Monthly topic: Hydration

Tired of plain, boring water? Try one of these delicious and refreshing fruit infusions!



### Summer Squeeze:

Strawberry  
Lemon  
Mint

### Pink Hawaiian:

Strawberry  
Pineapple



### Cinna-Sparkle:

Apple  
Cinnamon Stick  
Red Pear



## Hydration Quiz:

How much do you know about hydration?

1. Exercise in hot, humid conditions can make you dehydrated in as little as:  
a. 30 min b. 45 min c. 1 hour d. 2 hours

It doesn't take long to get dehydrated, just 30 minutes, especially in hot, humid weather. So don't exercise hard outdoors when it's too hot and humid. You'll need to take longer breaks, shorten the workout or intensity level, and dress appropriately.

2. How much of their water do people typically get from food?  
a. 5% b. 10% c. 20% d. 50%

The average person gets about 20% of their water for the day from food. An apple is 65% water. Bananas are 70% water. Broccoli is about 90% water. Even foods that you might not think of as moist -- a slice of white bread (40% water), ground beef (53%), American cheese (28%)

3. Which of the following drinks is the most dehydrating?  
a. alcohol b. coffee c. sugar sweetened soda

Alcoholic beverages have the most dehydrating effect. Coffee and other caffeinated drinks do make you urinate more, but overall, they're hydrating because of their water content. Juices, sodas, and other sweet drinks are also hydrating. Water is the best choice for hydration and doesn't have extra calories.

4. How much water does the average adult lose every day naturally?  
a. 1 cup b. 2 cups c. 5 cups d. 10 cups

You lose about 10 or more cups of water every day just living: breathing, sweating, urinating, etc. Eating and drinking usually make up for it.

## 52 Week Money Challenge

Remember to set aside just a few dollars a week toward your holiday or emergency savings fund.

### JUNE 2020

S	M	T	W	T	F	S	\$
31	01	02	03	04	05	06	\$23
07	08	09	10	11	12	13	\$24
14	15	16	17	18	19	20	\$25
21	22	23	24	25	26	27	\$26
28	29	30	01	02	03	04	\$27

Monthly Total: \$102  
Grand Total: \$378

## Benefits of Hydration

6 benefits of staying hydrated

- Water helps prevent dry mouth.
- Water promotes cardiovascular health.
- Water keeps your body cool.
- Water helps muscles and joints work better.
- Water keeps skin supple.
- Water helps cleanse your body — inside and out.

5 Science-Based Health Benefits of Drinking Enough Water

- Water helps to maximize physical performance.
- Hydration has a major effect on energy levels and brain function.
- Drinking water may help to prevent and treat headaches.
- Drinking more water may help relieve constipation.
- Drinking water may help treat kidney stones.

### Join the Virgin Pulse Water Challenge!

Sign up and watch for more details at:  
[join.virginpulse.com/stateofmainedot](http://join.virginpulse.com/stateofmainedot)



Coming Up July: Sun and Heat

Comments, questions, ideas, or submissions?  
Please email: [kara.a.aguilar@maine.gov](mailto:kara.a.aguilar@maine.gov)