



ChallengeME

MONTHLY MINUTE

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Monthly topic: **Hydration**



Infused water

Infused water is not only aesthetically appealing but also allows you to naturally consume more vitamins and nutrients and enhances the taste. Some research suggests that approximately 20 percent of the vitamins and nutrients in selected fruits and vegetables may be absorbed when placed in water for a couple of hours or left overnight.

In addition to increasing your vitamin intake, infused water can also increase your natural water consumption. Water helps to speed up your body's metabolism, boost energy levels, prevent cramping, and many other important benefits.

Strawberry, Kiwi & Lime Infused Water

- Ice
- 1 kiwi, peeled and cut into slices
- 2 strawberries, hulled and cut into slices
- 1/2 lime, cut into slices
- sparkling or regular water

Fill a glass, bottle, mason jar, pitcher or carafe with ice, kiwi, strawberries, and lime. Fill to top with water. Enjoy immediately. Refill with more water and ice until fruit flavor is gone. Makes 1 quart (plus refills).

Mango, Raspberry, and Ginger Infused Water

- 1 mango peeled and cubed
- 1/2 pint raspberries
- 1 (2-inch) piece fresh ginger peeled and thinly sliced

Add ice and fill container with water. Add additional fruit or herbs to garnish, if desired

How Much Water Do We Need?

We have all heard that everyone should drink eight glasses of water a day. Although that advice is reasonable, it does not consider everyone's individual needs, like their health, activity level, environment and other factors.

Up to 60% of our bodies are made of water. We lose water constantly through our skin, urine, waste and sweat – even when we breathe. Water intake has many benefits, including:

- Regulating internal body temperature
- Metabolizing food and regulating hunger
- Lubricating joints
- Flushing bodily waste
- Producing adequate saliva

If you don't drink enough water, you can become dehydrated, which can lead to impaired kidney function, unbalanced electrolytes and other complications.

Start with 8 glasses and add two more glasses of water for every pound of water you lose via sweat or exercise. On average, men need 16 cups/day and women need 11 cups/day.

Visit the ChallengeME website:

Sign up for Health Coaching:

Call: TTY: 800.697.0353 | Online: guidanceresources.com

WellStarME: wellstar@mcd.org | 207-620-9202

Health & Wellness Navigation Team

wellnessnavigator@mcd.org | 207-620-9209

For benefits questions, please contact Employee Health & Wellness: (207) 624-7380 or 1-800-422-4503 TTY: dial Maine Relay 711 or visit maine.gov/mdot/challengeme

ChallengeME
MaineDOT Healthy Workforce

Coming up August: 5-A-Day

Comments, questions, ideas, or submissions?
Please email Janice.Arsenault@maine.gov