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“Water” you drinking this year?

# FEATURE: January



Here’s how you can put 5-2-1-0 into action this month:

## “WATER” YOU WAITING FOR? DRINK UP!

Water is one of the body’s most essential nutrients! Every cell, tissue, and organ in your body needs water to work properly. Drinking water has many other great benefits:

- Promotes skin health
- Lubricates joints and other body tissues
- Regulates digestion
- Prevents dehydration
- Boosts performance during physical activity and exercise



### STRATEGY 2:

**Limit or eliminate sugary drinks. Provide drinking water.**



Limiting sugary drinks is a key way to promote healthy eating and prevent excess weight gain in kids. Water provides a low-cost, zero-calorie beverage option and is a healthy alternative to sugary drinks.

– [10 Strategies for Success](#)

**MORE:** [Why drinking water matters](#)

## HOW MUCH WATER DO YOU DRINK?

*A new year is a great time to start new habits!*

Monday   

Tuesday   

Wednesday   

Thursday   

Friday   

Saturday   

Sunday   

*Track how many 8-oz glasses of water you drink each day. Set a goal to drink as many glasses as your age, up to 8.*



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