



Healthy Choices Count!

JANUARY

NEW YEAR'S RESOLUTION:
DRINK MORE WATER!

WHY DRINK MORE WATER?

Between 70–80% of your body is made up of water! Water acts like fuel in your body, so drink plenty of water throughout the day to keep your body running smoothly. Water is a low-cost and healthy alternative to sugary drinks.

Choose WATER over:

- **Soda** – The extra sugar in soda may lead to weight gain and tooth decay.
- **Sports drinks** – Water is the #1 thirst quencher for athletes!
- **Juice products** – Labels with “-ade,” “drink,” or “punch” often contain only 5% real fruit juice or less.



TRY THESE TIPS!

Sticking with a resolution is hard! That's why we've gathered these tips to help you drink more water:

- Infuse your water with real fruit, like citrus or berries!
- Buy a new water bottle so water is always accessible.
- Make it fun with silly straws or ice cube molds.
- Need a little fizz? Try adding a splash of seltzer.
- Use a chart to track your water intake throughout the day.



Learn more and access free resources: iowahealthieststate.com/5210



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