

CMMHC WELLNESS BULLETIN

June 2019

Water & Nutrition

Basics

Getting enough water every day is important for your health. Healthy people meet their fluid needs by drinking when thirsty and drinking with meals. Most of your fluid needs are met through the water and beverages you drink. However, you can get some fluids through the foods that you eat. For example, broth soups and foods with high water content such as celery, tomatoes, or melons can contribute to fluid intake.

Water helps your body:

- Keep your temperature normal
- Lubricate and cushion joints
- Protect your spinal cord and other sensitive tissues
- Get rid of wastes through urination, perspiration, and bowel movements



Your body needs more water when you are:

- In hot climates
- More physically active
- Running a fever
- Having diarrhea or vomiting

If you think you are not getting enough water, these tips may help:

- Carry a water bottle for easy access when you are at work or running errands.
- Freeze some freezer safe water bottles. Take one with you for ice-cold water all day long.
- Choose water instead of sugar-sweetened beverages. This can also help with weight management. Substituting water for one 20-ounce sugar sweetened soda will save you about 240 calories. For example, during the school day students should have access to drinking water, giving them a healthy alternative to sugar-sweetened beverages.
- Choose water when eating out. Generally, you will save money and reduce calories.
- Add a wedge of lime or lemon to your water. This can help improve the taste and help you drink more water than you usually do.

Source: <https://www.cdc.gov/healthywater/drinking/nutrition/index.html>



60
years
1959-2019


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Infused Water Recipes

Source: <https://www.tasteofhome.com/collection/infused-water-ideas/>



Fresh Rain Water

Ingredients: Cucumber, Lemon, Celery

This cool refresher is as soothing as an afternoon thundershower

Life's a Breeze

Ingredients: Kiwi, Orange

This blend of kiwi and orange is as refreshing as a cool breeze on a sweltering day.



Sun-Kissed Apricot & Berries

Ingredients: Apricot, Raspberry, Mint

Soak up the sun with a mix of apricots, raspberries and mint.

UPCOMING EVENTS★

- **Employee Wellness Challenge:** Starts July 8th. Employee's watch your email for more information!

CMMHC's Wellness Committee Mission Statement:

It is the mission of the CMMHC Wellness Committee to promote the health and wellness of staff through education and initiatives that:

- Encourage habits of Wellness
- Increase awareness of factors and resources contributing to well-being
- Inspire and empower individuals to take responsibility for their own health.
- Support a sense of community

Brought to you by your

Central Minnesota Mental Health Center Wellness Committee

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