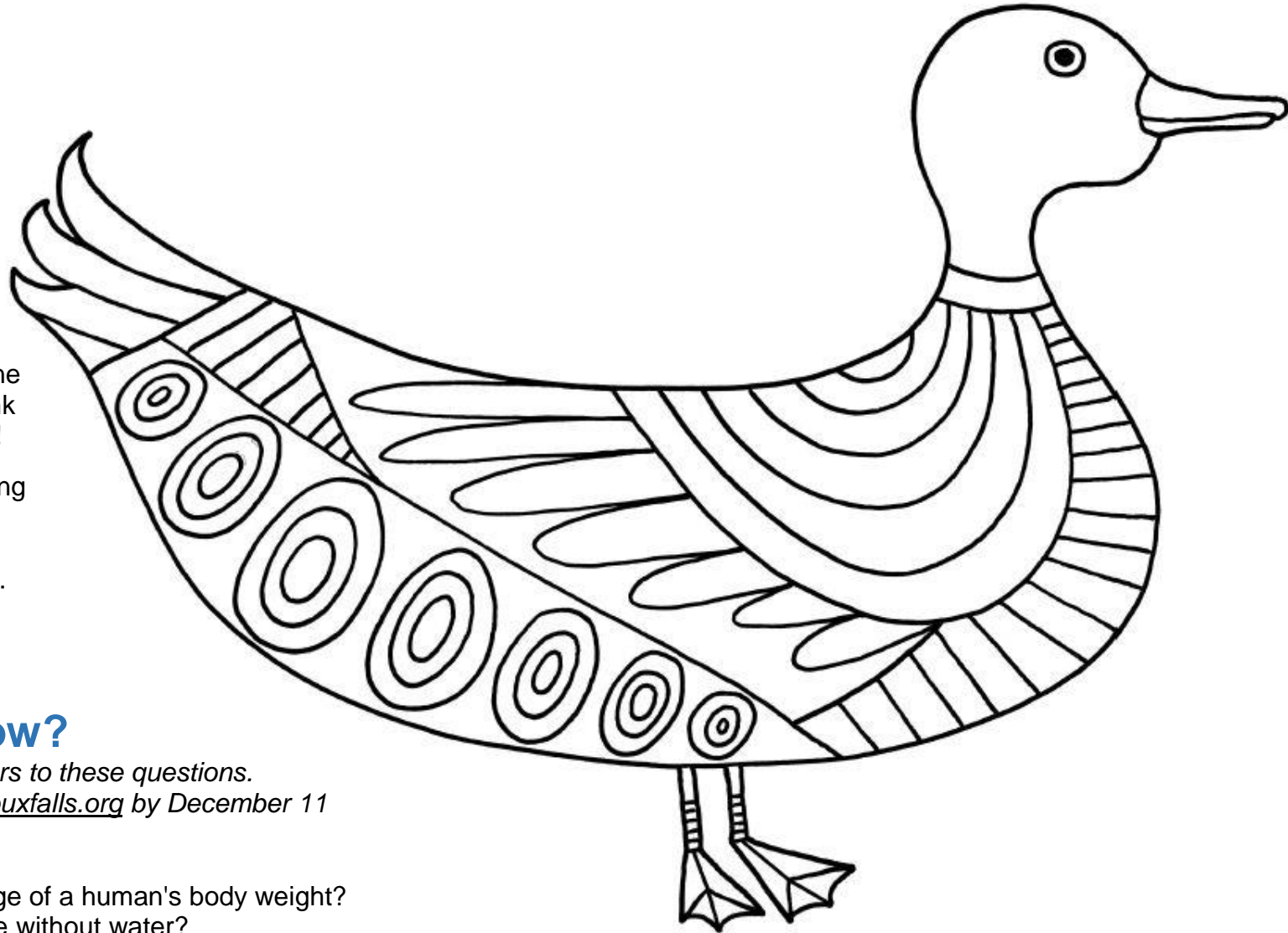


Take To Water Like A Duck!

Be Water Wise!

- ◆ Staying hydrated by drinking water can help you feel full and minimize food cravings.
- ◆ Caffeine is a natural diuretic. Drinking too much can actually dehydrate you.
- ◆ By the time you actually feel thirsty, you've lost more than one percent of your total water. Drink your water before you're thirsty!
- ◆ Your body burns calories drinking cold water because it has to warm the water to body temperature before it can use it.



What Do You H₂Know?

[Read this article](#) to find the answers to these questions.

Email your answers to livewell@siouxfalls.org by December 11 for your chance to win a prize!

- ◆ Water makes up what percentage of a human's body weight?
- ◆ How long could a person survive without water?
- ◆ Name three benefits of drinking water.
- ◆ An average adult should drink a minimum of how much water each day?
- ◆ During an hour-long, high intensity workout, how much water could you lose?

