



## Drinking Water

### Importance of Water

When it comes to hydration, a common temptation is to drink sugar-sweetened beverages. Don't fall into this trap. If you replace an average 20-ounce sugar sweetened soda with a glass of water, you're saving yourself about 240 calories. According to the [CDC](#), about 50% of adults in the United States consume at least one sugar-sweetened beverage a day. Let's do the math. At 240 calories a day and 365 days a year, that's 87,600 calories per year! Just think of how many calories you can save by simply replacing soda with water.

Apart from the calories saved, water consumption has many health benefits. Drinking enough water is crucial to your health. Some of the benefits include a boosted immune system, increased energy, less headaches, improved heart health, elevated mood, and more! Your body needs water to survive and thrive.

### Your Action Plan

Work up to drinking a half gallon water each day. Start today by taking a water bottle with you throughout the day. Whenever you eat, drink the whole bottle. Then refill the bottle.