

*Department of Defense*

# Work-Life Programs

Health & Wellness



## DoD Water Drinking Challenge

January – March 2025

The DoD Water Drinking Challenge is aimed at encouraging DoD employees, their families, and the broader community to prioritize water consumption and understand its vital role in overall health.



For additional information, please email: [dodhra.mc-alex.dcpas.mbx.dod-detopolicy@mail.mil](mailto:dodhra.mc-alex.dcpas.mbx.dod-detopolicy@mail.mil)

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### The Importance of Hydration

Water is fundamental to our existence and staying properly hydrated is essential for maintaining our health and well-being.

According to the Mayo Clinic, **water makes up about 60% of our body weight** and plays a critical role in numerous bodily functions, including regulating temperature, lubricating joints, and transporting nutrients. Drinking sufficient water can help prevent dehydration and promote optimal health.



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### The Importance of Hydration (cont.)

Experts generally recommend drinking about **13 cups for men** and **9 cups for women** each day, but individual needs may vary based on activity level, climate, and overall health.

For those experiencing conditions such as diarrhea or fever, **increased hydration is crucial to replenish lost fluids.**

Some benefits of staying hydrated includes **improved physical performance, enhanced cognitive function, better digestive health,** and **weight management.**





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### Tips to Stay Hydrated

- 1. Set Daily Goals:** Aim to meet or exceed the recommended daily intake of water. You can track your progress using apps or simple journals.
- 2. Make it Convenient:** Keep a reusable water bottle with you at all times. Having water readily available increases the likelihood of meeting your hydration goals.
- 3. Incorporate Hydrating Foods:** Include fruits and vegetables with high water content in your meals. Foods like cucumbers, oranges, and watermelon can contribute to your overall hydration.





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### Tips to Stay Hydrated (cont.)

- 4. Track Your Intake:** Use apps or journals to monitor your daily water consumption. Keeping track can motivate you to stay on course and reach your hydration goals.
- 5. Encourage Team Participation:** Get your peers involved in the challenge. Engage in friendly competitions or form teams to make the challenge more enjoyable and foster camaraderie.





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### Helpful Resources

- **Centers for Disease Control and Prevention (CDC):** Drinking Water Week – [Drinking Water Week | Drinking Water | CDC](#)
- **Mayo Clinic Health System:** Tips for Drinking More Water [Rethink Your Drink 30-Day Water Challenge ACTIVITY SHEET August MCHS Journey to Wellness MC477023](#)
- **Mayo Clinic Health System:** [Water: Essential for your body - Mayo Clinic Health System](#)
- **National Institute of Health (NIH):** Hydrating for Health – [Hydrating for Health | NIH News in Health](#)

