



## DoD Quarterly Health and Wellness Initiatives

### #1 – Water Drinking Challenge (January – March 2025)

The Department of Defense (DoD) is excited to announce a series of health and wellness initiatives geared to promote healthy living among DoD employees. These initiatives will occur quarterly beginning with the DoD Water Drinking Challenge beginning January through March 2025. This initiative aims to encourage DoD employees, their families, and the broader community to prioritize water consumption and understand its vital role in overall health.

#### 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.

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.



#### 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.
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.



*Department of Defense*

# Work-Life Programs

## Health & Wellness

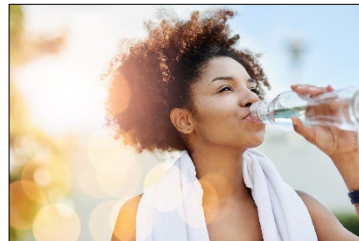


January 2025



### Conclusion

The DoD Water Drinking Challenge is not just an initiative; it's a commitment to health and well-being for all DoD employees. As we embark on this quarter-long challenge, let's prioritize our health and hydration. Together, we can create a culture of wellness that supports not only our individual goals but also enhances the readiness and resilience of our entire DoD community. Use the hashtag #hydrationnation to stay connected.



### 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](#)

For additional information, please email **[Component's W/L Coordinator email]**

