



FRANKLIN LAKES

## Mayors Wellness CAMPAIGN

# Living Healthy 30 day water Challenge

***The Franklin Lakes Mayors Wellness Campaign is  
Challenging & encouraging you to drink more water!***

**How much water should you drink?**

**To determine the exact amount of water you should drink according to your body weight, follow these steps:**

- **Take your weight (in pounds) and divide that by 2.2.**
- **Multiply that number depending on your age:**
  - If you're younger than 30, multiply by 40.
  - If you're between 30-55, multiply by 35.
  - If you're older than 55, multiply by 30.
- **Divide that sum by 28.3.**
- **Your total is how many ounces of water you should drink each day.** Divide that number by 8 to see your result in cups.

**\*\*For every 45 to 60 minutes of exercise you do, you'll need to drink a *minimum* of 40 additional ounces\*\***

For example - if you calculated you need at least 72 ounces of water per day based on your weight that number should jump to 120 ounces (15 cups) or more if you're doing an hour-long workout.

**For a Living Healthy (CAMELBAK) Water Bottle - \$15.**

**Email Dina @ [wellness@FranklinLakes.org](mailto:wellness@FranklinLakes.org)**

### **HELPFUL TIPS:**

- **Wake Up and Drink:** Start your day with 16 ounces of water —*right away*. Keep a glass on your nightstand as a visual cue.
- **Choose Sparkling Water:** Seltzer and club soda will help you hydrate, too! Choose flavored or plain options, but skip brands with higher amounts of sodium, acesulfame-K, stevia, or sucralose. They can exacerbate bloating.
- **Eat More Produce:** Just one apple, for example, can pack up to 1/2 cup of H<sub>2</sub>O. Snack on extra veggies with salsa, add extra tomatoes to a salad, and get generous with your serving sizes of berries, citrus, melon, grapes, and other fruits.
- **Put Fruit in Your Water:** Frozen fruit works for this, too! It'll supply flavor and deliver an extra hit of fiber.

**\*Keep a daily record of your water intake – download  
*My Water & Drink reminder APP on your smartphone!***

**We will ask you some questions at the end of April to see if you experienced any positive changes!**

