



# Mindful Eating Challenge

Week 2

## H<sub>2</sub>O Go!

### What

This week your goal is to drink about 8 glasses of pure water (preferably filtered) a day and to drink some of that water at least 10-15 minutes before eating and/or when you start to feel hungry. Sorry, drinks made with water do not count! In fact, it may be helpful to think of it this way: for every beverage you drink, drink at least one glass of water as well.

While you are at it, help the environment along with your health by using a reusable water bottle made of materials such as stainless steel or glass.

### How long

All day for at least 5-7 days.

### Why

Water is essential in helping our bodies run smoothly: it aids in digestion, keeps our skin nourished, helps our blood to transport oxygen to our cells, lubricates joints and helps keep our metabolism running. By the time you notice you are thirsty, you are already somewhat dehydrated, and oftentimes thirst signals can be mistaken for hunger pangs. So before reaching for bite to eat, reach for water to sip. About 70% of our bodies are made up of water – so drink up!

### Resources

- Mayo Clinic article on drinking water: <http://www.mayoclinic.com/health/water/NU00283>
- WebMD article on drinking water for health: <http://www.webmd.com/diet/features/water-for-weight-loss-diet>
- 7 Wonders of Water: <http://www.webmd.com/diet/healthy-water-9/slideshow-water-health>