

HYDRATION TIPS



VALOR

OFFICER SAFETY AND WELLNESS INITIATIVE

BUREAU OF JUSTICE ASSISTANCE

DO SOMETHING

Stay Hydrated



Water is the best choice

Tap, bottled, and sparkling options provide variety

Pay attention to nutritional values

Some fluids are better than others. Choose options low in calories, caffeine, sodium, and sugar

- Coffee
- Tea
- Milk
- Real fruit juices
- Real vegetable juices
- Sports drinks

Foods high in water content

- Lettuce
- Apples
- Zucchini
- Tomatoes
- Bell peppers
- Watermelon

Hydrating throughout the day is critical for physical wellness



Men need about 15.5 cups (3.7 liters) of fluids daily



Women need about 11.5 cups (2.7 liters) of fluids daily

<http://s.iir.com/hydrationguidelines>

You may need more fluids based on the weather and your level of physical activity



TAKE THE VALOR CHALLENGE

Identify and commit to doing three things for your physical wellness

