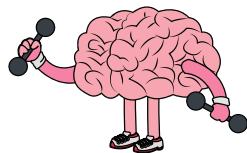# THE SUPERFOOD OF DRINKS

WATER

How much?

64-80 ounces of water each day!

That's about 8 to 10 glasses (8oz) of water every day

Why?

Our bodies are made up of a LOT of water (about 60%)! Drinking water helps keep us hydrated and healthy. It helps with digestion. It helps our skin. It helps with our overall health.

It even helps our brains work better!

> Drink a glass of water before reaching for a snack. You might find the water fills you up!

When?

The best time to drink water is when you wake up in the morning. It is important to drink water throughout the day - just be careful to not drink too much near bedtime (or you will be up during the night)!

Take your water from boring to YUM!

Add sliced fruit and/or herbs
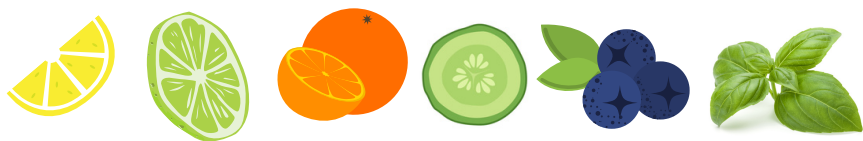
Try iced or hot herbal tea (no caffeine or sugar)!

There are many different water trackers to help you keep track of how much water you drink each day. The one below is printable. Or, you might prefer an app.

H Y D R A T E

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GET MORE FREE PRINTABLES AT WWW.SIMPLYBEINGMOMMY.COM

Visual notes from the Massachusetts Down Syndrome Congress
teen & adult February Wellness Series (2021)