

Health and Wellness Tip of the Week - Week 2

Monthly Topic

January is *Physical Fitness and Nutrition Month*. It's the perfect time to remind employees about the importance of eating well and staying active.

January 12, 2015

We're Not Watering This Down

Getting enough of your daily H₂O is important for your health. After all, water is your body's main component and makes up on average about 60 percent of your weight.

How much do you need?

The Institute of Medicine advises that men consume roughly 13 cups of total beverages a day, and women need about nine cups a day. It's okay to consume other healthy beverages and foods that contain water to help you get your daily requirement. So, go ahead and drink up. You'll find that water is the clear choice for keeping you hydrated and healthy.

Source: Mayo Foundation for Medical Education and Research



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