

Water you drinking?



December 13, 2019 - January 12, 2020

Every day you lose water through your breath, perspiration, urine and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water. A common **minimum** water intake recommendation is **8cups (64oz)**.

The National Academies of Sciences, Engineering, and Medicine recommended fluid intake is:
Women - 11.5 cups (2.7 liters or 92oz) **Men** - 15.5 cups (3.7 liters or 124oz)

In order to bring awareness to the importance of drinking enough water we will be giving every interested ACS staff member a customized water bottle! Make sure you sign up for your bottle, as that will not only ensure that you receive one but it will also count as your proof of participation in that challenge. Signup sheets can be found in your facilities and will be available at the 11/22 All Staff Meeting. Water bottles will be handed out at the Holiday Party in December. We won't be tracking your water intake but encourage you to have your own mini challenges in your sections!

A great big thank you to  for providing bottles!