

## WEEK 1: ADD

### Water



### Veggies

#### IMPORTANCE OF WATER

60% of our body is made up of water. Because we are continuously losing water through breathing, urinating and sweating, it is important that we replenish what we lose to ensure our cells, tissues, and organs continue to function optimally.

Water aids in digestion, nutrient absorption and flushing waste from our body, as well as regulating temperature and helping brain function.

#### HOW MUCH DO WE NEED EACH DAY?

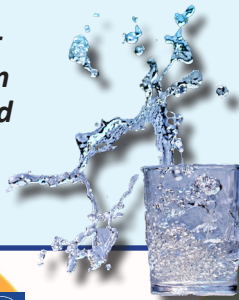
There's no one-size-fits-all answer. Water intake is individualized and can vary based on age, activity level, environment and more.

***A general rule of thumb for adults:  
MEN 120 fl oz & WOMEN 95 fl oz***

#### STRATEGIES TO INCREASE DAILY WATER CONSUMPTION

1. Start each morning off with a large glass of water as soon as you wake up to replace the fluids you lost during the night.
2. Take a bottle of water with you everywhere you go.
3. Drink a glass of water before snacks and meals.
4. Jazz it up by adding a fun combination of fruit and herbs.

Click [HERE](#) for  
tips & tricks on  
making infused  
water!



#### IMPORTANCE OF VEGETABLES

From increased energy to disease prevention, vegetables are packed with essential vitamins, minerals and antioxidants and play an important role in our daily diet.

Regular consumption of vegetables has been linked to lower blood pressure, reduced risk of heart disease and stroke, cancer prevention, lowered risk of eye and digestive problems as well as positive effects on blood sugar. What's NOT to LOVE?

#### HOW MUCH DO WE NEED EACH DAY?

A balanced, rotating blend of different varieties is the best way to ensure you are getting what you need. When in doubt, let color be your guide. Each color provides various health benefits which is why a balance of all colors is important.

***The Dietary Guidelines for Americans recommends eating  
2.5 cups of vegetables each day. (½ cup = 1 serving)***

#### STRATEGIES TO INCREASE DAILY VEGGIE CONSUMPTION

1. Think in twos. Try eating 2 servings (1 cup) of vegetables with breakfast or lunch, 2 servings as a mid-day snack and 2 servings with dinner.
2. Stock up on frozen produce. A few bags of frozen cauliflower rice or mixed veggies are great to have on hand in your freezer. They don't spoil like fresh veggies and are a fast, nutritious way to enhance any meal.
3. Pair veggies with food you already like: add lettuce and tomatoes to a hamburger, add spinach to an omelet or smoothie, or swap white rice for cauliflower rice when making stir fry.



# UNSTOPPABLE