



Health Focus



April 2015: Drink More Water



Did you know your body is made up of 60% water? Your internal bodily functions rely on water to do their job, yet most people aren't drinking enough. The average number for men is 13 cups per day, and an average of 9 cups per day for women. Staying hydrated is critical for bodily functions, a clear mind, and even maintaining healthy skin.

[Read more on the importance of staying hydrated](#)

April 2nd & 16th

Chef John Politte will be doing a cooking demo and providing food samples in CEAP's Lobby!

It's time to rethink your drink. It's easy to drink soda, juice, and other sugary beverages because they taste good and are easily accessible. But, those drinks can have up to 10 teaspoons of sugar! Sugar sweetened drinks are a source of empty calories, meaning they have very limited to no nutritional value. Make the switch to water.

[Click here to rethink your drink!](#) (English)
[Click here to rethink your drink!](#) (Spanish)



Stop by CEAP's Health Table

Stop by CEAP's health table at the Brooklyn Center office for free handouts, recipes, and information on the monthly focus.



Drinking water can help you lose weight and maintain a healthy body. Did you know in the morning your body is dehydrated from a night of sleep? Drink plenty of water in the morning and throughout the day. It's especially important to drink plenty of water before, during, and after a workout because your body loses its fluids through sweat.

[Read smart drinks for a healthy weight](#)

Featured Recipe

Easy Chicken Tacos and Potato Onion Frittata

Try these two easy and light meals this spring!

Click here for the recipe: <http://www.kraftrecipes.com/recipes/chicken-tacos-52514.aspx>
<http://www.marthastewart.com/344499/potato-onion-frittata>



HEALTHY FUN FACT

Your body is made up of 60% water.

Worth the Read!

In addition to drinking more water, try drinking tap water and using a refillable water bottle instead of bottled water. Read here for more astonishing facts about the world's consumption of bottled water.

http://greatist.com/health/why-you-should-never-buy-disposable-water-bottles-again?%3Futm_source=facebook&utm_medium=opengraph&utm_campaign=why-you-should-never-buy-disposable-water-bottles-again%3F

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