

# Go fizz free

Join the challenge and drink more water!

Drink fizz-free drinks to...

- ♥ cut your sugar intake
- ♥ improve concentration
- ♥ be more productive
- ♥ help you lose weight
- ♥ save money
- ♥ feel better!



# The Challenge

Drink 8 to 10 200ml glasses of fizz-free (alcohol-free!) fluid every day for a month.

## What for?

Cutting back on fizzy, sugary drinks is good for your body, your mind and your bank balance!

**Not all the change to fluid in your diet needs to come from drinks.** Many foods have a high water content – for example, fruit and vegetables.

**Did you know?**

- ♥ **most fizzy drinks contain six or more teaspoons of sugar**, which is almost all of the recommended daily sugar allowance for adults
- ♥ too much sugar can have a negative impact on your **concentration**, your **memory** or your **mood**
- ♥ if you drink one 500ml bottle of fizzy drink every day, it will **cost you around £438** over a year
- ♥ drinking one 330ml can of fizz a day for a year could cause you to **gain up to 1 stone** in weight



**The amount of water you personally need varies** depending on your age, height and weight, your diet, how often you exercise and whether you're in a hot or cold climate.

# Stay hydrated!

Staying hydrated by drinking plenty of sugar-free or low-sugar fluids, like water, tea, coffee, milk or fruit juice (in moderation) is great for your health.

Drinks that contain caffeine trigger the body to produce more urine. Drinking some of these drinks each day is fine, but balance yourself with some caffeine free fluids.

**To keep yourself well hydrated during the day, it is best to drink little and often**

**Did you know?**

Your body needs water to...

- ♥ **carry nutrients** to your organs and to **clear toxins** out of your system
- ♥ **send electrical messages from your brain** all over your body. Without it your organs, muscles - even your eyes - won't work properly
- ♥ **regulate your temperature**
- ♥ **digest** food and drink



If **you don't drink enough fluids** you'll become dehydrated, which could cause:

- ♥ headaches
- ♥ tiredness or irritability
- ♥ poor concentration levels or confusion
- ♥ dizziness
- ♥ nausea
- ♥ constipation

# The water challenge record sheet

## Week 1

- ♥ Aim to drink at least 3 glasses of water per day for the time you spend at work.
- ♥ Cross a glass of water on the sheet once you have drunk it to keep a record. At the end of the first week, calculate your average water consumption.
- ♥ At the end of each day, write down how you have been feeling during the day

Week 1	Glasses drank	How did I feel
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Weekly average		



By going fizz free for the entire month **will make it easier for you to cut down on fizzy drinks for the rest of the year.**

## Week 2-4

- ♥ Aim to increase your intake of water gradually. Work towards the target of 5-6 glasses per working day.
- ♥ Continue to record how many glasses of water you drink at work each day.
- ♥ At the end of each day, record how you have been feeling. Have there been any changes in your concentration level, feelings of fatigue, or irritability, for example?
- ♥ Think about the reasons why you didn't drink more water. Discuss with your work colleagues ways around these problems.

Week 2	Glasses drank	How did I feel
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Weekly average		



Do you sometimes think you are hungry when you are actually thirsty? **Thirst is a slow feedback signal!**

Week 3	Glasses drank	How did I feel
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Weekly average		

Week 4	Glasses drank	How did I feel
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Weekly average		