

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies."

-1 Corinthians 6:19-20 NIV

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**Healthy Eating
FOR
Healthy Living**

Hello One Church Nation! How much water did you drink today? Did you know that our bodies can survive weeks without food, but can only survive DAYS without water? It's that important! The organs in our body require water to perform at their best. This is especially true during warmer months and at times of exercise when our bodies release more water through sweat. Most people should drink about 48-64oz (6-8 cups) of water each day. Just how important is water? Check out the picture below!



Tips for Increasing Your Water Intake

- Carry a water bottle with you throughout the day. You are more likely to drink water if it is close by.
- Eat water-rich foods, such as fruits and vegetables. Some examples are melon, cucumber, spinach, mushrooms, and broccoli.
- Order water with dinner as a healthy option...and to save money.
- Don't like the taste (or lack thereof)? Add some fruit slices to your water, such as lemon, lime, and cucumber for a refreshing twist.

Featured recipes! Try one of these healthy fruit infusion recipes to make your water even more refreshing.

Strawberry, Basil and Lemon:

- ☐ 1/2 cup strawberries stemmed and sliced, fresh or frozen
- ☐ 5 large fresh basil leaves torn
- ☐ 1 lemon thinly sliced

Watermelon, Kiwi, and Lime:

- ☐ 1 cup watermelon cubes
- ☐ 1 kiwi diced or cut into circles
- ☐ 1 lime sliced into circles

Cucumber, Lemon:

- ☐ 1 lemon thinly sliced
- ☐ 1/2 cucumber thinly sliced

For all recipes, use 4-5 cups of water and 1 cup of ice (optional)

In a large pitcher, place the desired combination of fruit or herbs. Add ice and fill container with water. Add additional fruit or herbs to garnish, if desired.

GIVEAWAY!

Enter to win a 32oz water bottle with motivational time markers and removable strainer for fruit infusions.



To win, Text **HYDRATE** to **(864) 319-3190**.

Winner will be selected at random.
Deadline to enter is October 30, 2021.