

HYDRATED JANUARY

Ever heard of dry January? We aren't doing that. That's just like saying no-fun January. Instead we are going to start out with a very wet, **well-hydrated January!**

The first healthy habit we are bringing into our lives is **water**. Not just drinking more water - but swapping out all carbonated beverages for water.

If you are reading this, you are a CrossFit enthusiast.
You sweat.
You need water.

Easy rule of thumb is to drink (8) 8-oz. glasses of water per day (for a total of 64 oz. for all you math nerds out there).

There are several ways to keep track. One way is to fill a jug or bottle up with 64 oz. of water and make sure it's gone by bedtime. Another way is to set out (4) 16-oz. water bottles every morning to drink throughout the day.

No matter how you do it - drink more water! Cut out the carbonated beverages and see what a difference water can make.

