Nourish

hydration

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Summary:

In this Nourish course we will review the importance of water, signs of dehydration and the changes with age that affect hydration. We will discuss more ways to add more water to your nutrition plan including tips to enhance water and other beverages. Also, we will identify the whole foods or superfoods that are high in water content as well as containing vitamins, minerals and antioxidants that will support vitality including a strong immune system, mental focus and alertness, lubricated joints and increased energy levels.

“*Eat your vegetables, have a positive outlook, be kind to people and smile!* – Dan Buettner

# NOTES:

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| **Superfood** | **Top Nutrients/Vital Role** | **Kaizen ways to add it to your nutrition** |
| 1. Watermelon |  |  |
| 1. Strawberries |  |  |
| 1. Cantaloupe |  |  |
| 1. Dark Leafy Greens |  |  |
| 1. Cruciferous Vegetables |  |  |
| 1. Cucumbers and Celery |  |  |
| 1. Zucchini |  |  |
| 1. Tomatoes |  |  |

# Fruit-Infused Water Recipes

**Blackberry Mint Infused Water**​

* ¼ cup fresh blackberries​
* 2 small sprigs fresh mint or one large sprig​
* 4 cups fresh water​

**Lemon Lime Infused Water**​

* ½ lime sliced​
* ½ lemon sliced​
* 4 cups fresh water​

**Strawberry Cucumber Infused Water**​

* ½ cup strawberries sliced​
* ½ cup cucumber sliced​
* 4 cups fresh water​

**Blueberry Orange Infused Water​**

* ¼ cup blueberries​
* 1 orange sliced​
* 4 cups fresh water​

**Instructions**​

For each variation of water, place fruit and/or herbs into a large glass jar with lid. Muddle (or break) up fruit a bit with back of a spoon to help release natural flavors into water. ​

Cover with 4 cups of water and place in refrigerator for at least 12 hours. ​

# KAIZEN STEP

**1) Goal I want to accomplish**: (*Ex: Eat more high water-content vegetables.)*

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**2) One step I could take toward that goal:** (*Ex: Add cucumbers to my water)*

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**3) Ways I can break this step (#2)** **into smaller actions:** *List as many actions you can think of:*

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