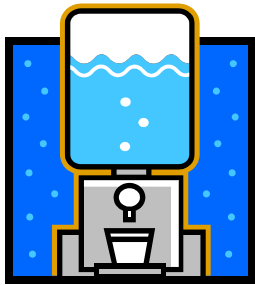


Small Changes for Health 2006

Week 22



Have you ever been asked the optimist versus pessimist question: is the glass half empty or half full? For this week's small change we hope your water glass is a little of both! Making sure you have water nearby to drink throughout the day will ensure that your body is properly hydrated. This is important considering that water has major roles in our bodies like carrying nutrients throughout the body and getting rid of waste products. Even slight dehydration can lead to headaches, cramps, forgetfulness, and a false sense of hunger. So

keep a bottle of water with you at all times to help fulfill this week's small change and provide your body with six 8oz servings of water a day.

Your Small Change: For this week, make sure you drink at least 6-8oz glasses of water each day this week.

Check off the days you complete this activity below:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

If you need more information about this program, this subject or some assistance or suggestions on how to make this change, please visit Health Promotion in room 910 or call us at 314/612-5400, 5419 or 5163. You can also retrieve the supporting Small Changes for Health handouts online by visiting the City of St. Louis Department of Health web page.

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Follow-Up: Week 22

Your Small Change: For this week, make sure you drink at least 6-8oz glasses of water each day this week.

1. How many days did you do this activity? (Circle number of days below)

1 2 3 4 5 6 7

2. How hard was it to accomplish? (Check your answer below)

Very Easy Somewhat Easy Neutral Somewhat Hard Very Hard

3. Is this a change you think you can continue? (Check your answer below)

Yes No

4. Other Comments: _____

Please return the bottom half of this form to Health Promotion in Room 910, at the end of this week.

