

Week 1 challenge:

Hydration

Here is this week's challenge to help you build healthy habits that will help you reach your wellness goals.

Olá Nandocas,

Welcome to the first week of the Nando's 10-Week Consistency Challenge! This week, we're focusing on one of the most powerful habits for supporting your health, hydration.

Our bodies are made up of around 60% water, and every system relies on it to function well. Staying hydrated can help improve energy levels, concentration, digestion, physical performance, and even sleep quality.

How Much Water Should You Drink?

While everyone's needs are different, a good guideline is:

Women: Around 2 litres (8 glasses) of water per day

Men: Around 2.5 litres (10 glasses) of water per day

When More is Better:

You may need more if you're physically active, spend time in the heat, or sweat a lot during the day.

Simple ways to stay hydrated:

1. Start your day with a glass of water
2. Carry a water bottle wherever you go
3. Drink a glass of water before each meal
4. Set reminders on your phone
5. Choose water instead of sugary drinks when possible

A quick check:

If you're feeling thirsty, tired, struggling to focus, or your urine is dark yellow, your body may be asking for more water.

This week's challenge:

Track your daily water intake and aim to reach your hydration goal each day.

Small, consistent actions lead to lasting results. Let's get fired up and start strong. One sip at a time, one day at a time. Consistency pays!

You've got this!

