

## Lisa Beach

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**From:** NEEF Connect <info@neefusa.org>  
**Sent:** Tuesday, August 6, 2019 2:21 PM  
**To:** lisa@lisabeachwrites.com  
**Subject:** National Water Quality Month

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## Hello Lisa,

Welcome to the "Dog Days" of summer, bringing hot and muggy weather to round out the season. In August, we celebrate National Water Quality Month with educational activities related to the water cycle, information on nutrient pollution in lakes and rivers, as well as tips on staying hydrated when the temperature rises.

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**Health & Wellness**



## Staying Hydrated in the Summer Heat

Drinking water tops the list of how to stay healthy in the heat. Although water intake varies depending on several factors (including age, size, gender, health, activity level, and weather), as a general rule of thumb, aim to drink 8-10 cups of water every day. Check out some of our hydration tips.

[Read More](#)

**Conservation**



### **Ever Heard of Nutrient Pollution?**

The EPA calls nutrient pollution (namely, excess nitrogen and phosphorus) one of America's most widespread, costly, and challenging environmental problems. Since August marks National Water Quality Month, let's explore the effects of these nutrients.

[Read More](#)

### **Education**



### **STEM: "Wet" Students' Appetite with Water Activities**

Checkout NEEF's Backyard Activity Guide provides some hands-on STEM activities that offer a fun way for students to learn about water quality. Your students can build a mini water cycle to watch the process in real time.

[Read More](#)

**Timely Tip**



## Break Your Bad Water Habits

When it comes to [household water use](#), the average American uses about 82 gallons of water per day. To cut back on your water use around the house, an easy first step starts with fixing any leaks. (They can drip away gallons a day—in extreme cases, up to 90 gallons/day!) Also, try to reduce your water usage in everyday tasks, such as turning off the tap while brushing your teeth, taking a shower instead of a bath, and watering your yard in the morning instead of the heat of the afternoon. Finally, consider installing [WaterSense's water-efficient products](#) (such as showerheads, toilets, and bathroom faucets) around your home to help your wallet and the environment.

**Weather Ready Nation**