



8 WAYS TO STAY HYDRATED

Follow these top tips for staying hydrated and having fun while doing it!

1. KNOW HOW MUCH TO DRINK

Recommendations vary depending on weight, age, and activity level but an easy one to remember is 8x8, or 8 glasses of 8 ounces of water each day. You can also divide your weight in pounds by 2 and drink that number in ounces. For example, a 130-pound female would need 65 ounces (130/2) of water per day. Many experts recommend drinking to thirst—if you are thirsty, drink water!

2. INVEST IN A WATER BOTTLE

Skip throwaway plastic water bottles that harm the environment—20% end up in landfills—and buy a BPA-free refillable water bottle to help you track your water intake each day. If you're mindful of keeping the bottle nearby, you'll be much more likely to sip throughout the day.

3. INFUSE WITH FLAVOR

Whether you prefer limes, lemons, oranges, berries, or cucumbers, infusing your water with fresh fruit can make for a refreshing and spa-like beverage, without any added artificial sweeteners or preservatives.

4. DRINK BEFORE YOU EAT

Before reaching for a snack, drink some water! sometimes our brains confuse thirst with hunger, so next time the feeling strikes, hydrate before eating and your "hunger" may disappear.

5. STICK WITH H₂O

Yes, juices, milk, and herbal teas can all help hydrate your body—even caffeinated drinks (in moderation) can provide you with much-needed water. However, water is what your body is really craving, so you might as well go straight to the source. Sticking with H₂O will help you skip the unnecessary sugars, additives, and caffeine found in other drinks.

Benefits of Staying Hydrated:



Improved heart health



More energy



Weight management



Less headaches



Glowing skin





HAPPY HYDRATING

Top 10 tips for staying hydrated and having fun while doing it!

More Tips:



Coconut water can replenish lost fluids and electrolytes from hot summer temperatures.



Probiotics promote good gut health, which can help keep you hydrated.



Use a refillable bottle with ounce markings and add your own time goals, like drinking eight ounces by 9 a.m.

6. MAKE A WATER SCHEDULE

If it feels impossible to guzzle down 64 ounces in a single day, you may want to come up with a hydrating schedule. As soon as you wake up, make it a point to drink 10 ounces of water—after a night of fasting, your body will appreciate a morning quencher. Drinking a predetermined number of ounces throughout the day (such as at meals, and before, during, and after a workout) can also keep you on track.

7. EAT YOUR WAY TO HYDRATION

The good news is that only 70-80% of your daily hydration needs to come from water; 20-30% should actually come from food! All whole fruits and vegetables contain some amount of water, but munch on these top picks for maximum benefit:

- 97% water: Cucumbers
- 96% water: Celery
- 95% water: Tomatoes, radishes
- 93% water: Red, yellow, green bell peppers
- 92% water: Cauliflower, watermelon
- 91% water: Spinach, strawberries, broccoli
- 90% water: Grapefruit

8. PREHYDRATE WITH CHIA SEEDS

An ancient superfood that sustained the Aztec and Mayan peoples for generations, chia seeds are hydrating nutrient powerhouses. These tiny seeds are hydrophilic, meaning they absorb water (up to 12 times their weight!). When you consume water-logged chia seeds before exercise or a day in the sun, they will slowly release that water as your body digests them, keeping your system hydrated. Plus, they are a great source of Omega-3s and many other nutrients. Think of them as mini time-released water bottles!

