

HYDRATION BASICS

YOU SHOULD
DRINK WATER
EVERY DAY.

DIFFERENT PEOPLE
NEED DIFFERENT
AMOUNTS OF WATER
TO STAY HYDRATED.

CHECK YOUR URINE.

IF IT IS USUALLY COLORLESS
OR LIGHT YELLOW, YOU ARE
WELL HYDRATED. IF IT IS A
DARK YELLOW COLOR,
YOU MAY BE DEHYDRATED.

IF YOU PREFER THE FLAVOR
& CARBONATION OF SODAS,
TRY FLAVORED SPARKLING
WATER INSTEAD.

YOU GET THE BUBBLES
& FRUIT FLAVOR WITHOUT
THE SUGAR, ARTIFICIAL
COLORS, PRESERVATIVES
AND FLAVORINGS.



HOW CAN I STAY
HYDRATED?

1. ALWAYS KEEP A BOTTLE
OF WATER WITH YOU.

2. EAT WATER-RICH FOODS:

Vegetables

CUCUMBERS	ICEBERG LETTUCE	CELERY
96.7%	95.6%	95.4%
<i>Water</i>	<i>Water</i>	<i>Water</i>

Fruits

WATERMELON	STRAWBERRY	GRAPEFRUIT
91.5%	91%	90.5%
<i>Water</i>	<i>Water</i>	<i>Water</i>

3. WATER TOO BLAND?
GIVE IT A FLAVOR BOOST
WITHOUT ADDING SUGAR OR
CHEMICAL SWEETENERS BY
INFUSING IT WITH FRUIT.

TRY A LEMON OR BERRIES!