

KOHL'S  
Healthy  
at Home

# 8 Tips to Stay Hydrated

Is your family drinking enough water? Given that most processes within our body are dependent upon water, we need to stay hydrated with 4-8 cups of water every day to be healthy and focused. Here are some simple tips for staying hydrated throughout the day:

**Keep water handy in a reusable water bottle**  
*(Bonus: Let kids pick out their own water bottle!)*

**Try drinking a glass of water with every meal**

**Jazz up water with a squeeze of lemon or lime juice or by adding fruit slices/frozen berries**

**Low-fat milk, fruits, and veggies are also good sources of water!**



**Don't wait until you are thirsty to drink; being thirsty means you are probably already dehydrated**

**Drink more water when it is hot and when you are sick or physically active**

**Replace sodas and sugary sports drinks with sparkling water**

**Adults and teens can encourage younger children by drinking water with them**