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

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