

HYDRATION TIPS

Keep a bottle of water with you during the day. To reduce costs, carry a reusable water bottle and fill it with water.

If you don't like the taste of plain water, try adding a slices of fruit or cucumber to your water.

Drink water before, during, and after a workout. When you're feeling hungry, drink water. Thirst is often confused with hunger. True hunger will not be satisfied by drinking water. Some research suggests that drinking water can help you feel full.

If you have trouble remembering to drink water, drink on a schedule. For example, drink water when you wake up, at breakfast, lunch, and dinner, and when you go to bed. Or, drink a small glass of water at the beginning of each hour.

Drink water when you go to a restaurant. It will keep you hydrated, and it's free.

