

How To Hydrate



Enjoy your favorite beverages, like unsweetened iced tea.

Eat foods that have high water content, such as berries!



Drink a sports beverage, if you engage in high intensity exercise lasting more than an hour!

Have a glass of water when you feel hungry. You may find that you were actually thirsty.



Limit alcoholic beverages and for every drink you consume, drink a large glass of water!