

MONTHLY WELL-BEING NEWSLETTER:

STAYING HYDRATED

Staying hydrated is one of the most underrated things you can do to improve your health. Staying hydrated helps with:



WOW!! That is a whole lot of benefits from just drinking more water.



Tips to stay hydrated

- + Always bring a water bottle
- + Set a goal of how much water to drink
- + Drink water before meals which can help with digestion and make it more difficult to overeat
- + Set reminders like phone alerts or sticky notes

Healthier drink options

- + Water
- + Green tea or mint tea
- + Fruit and/or veggie *smoothies*
- + Kombucha
- + *Fruit-infused water*