

MOVEMENT

FIVE STEPS TO STAY HYDRATED

- 1. Drink at least one cup of water or unsweetened beverage with each meal and snack.**
- 2. Set an alarm or reminder to drink water throughout the day.**
- 3. Eat fruit and vegetables for hydration.**
Fruits and vegetables are hydrating due to their natural water content.
- 4. Make your drinks more interesting.**
Seltzer, sparkling water, and water with herbs or fruit can help increase your fluid consumption.
- 5. Stay attuned to your body's needs.**
Sweating more than usual? Eating more high-salt foods? These may be signs you need to increase your hydration.



#RAFORLIFE

FORLIFE
Cultivating wellbeing practices for life