



## **FUN WAYS TO STAY HYDRATED**

1. Freeze your favorite fruits in ice cube trays and add the fruit-ice-cubes to a glass or bottle of water.
2. Keep 2 filled water bottles in the frig at all times for quick grab-n-go days. When you return home at the end of the day, replenish the empty bottle.
3. Fill a muffin tin with cut up water-rich foods (watermelon, strawberries, peaches, oranges, cucumber, zucchini) and keep them in the refrigerator --- for the day. Replenish in the morning. This creates another easy grab-n-go option.
  - **Lettuce:** 96% water
  - **Celery:** 95% water
  - **Zucchini:** 95% water
  - **Cabbage:** 92% water
  - **Watermelon:** 91% water
  - **Cantaloupe:** 90% water
  - **Honeydew melon:** 90% water
4. Keep a pitcher of water with slices of lemon, lime, orange and/or cucumber in the refrigerator.



5. Create a habit -- Drink a glass of water before and after every meal.
6. Make every work break a hydration opportunity.
7. Add a cinnamon stick to a cup of hot water. After it is infused, mix with a pitcher of cold water for a blast of cinnamon flavored water.
8. Start each morning, as soon as you wake up, by drinking 1 glass of water.