

# Healthy Hydration Habits



## Tips for Drinking More Water

- ◆ Add lemon, lime, or other fruit slices to your water.
- ◆ Carry a refillable water bottle wherever you go. You'll save money and it's better for the environment.
- ◆ Drink a glass of water when you wake up and with meals.
- ◆ Listen to your body and drink whenever you are thirsty
- ◆ Choose water when you eat out – you'll save money too!
- ◆ Use a large attractive glass or water bottle in a visible location
- ◆ Set an alarm on your phone to remind you to drink water

## Spa Water Recipe

Fill a pitcher with water and add ½ cup of each of a thinly sliced cucumber and mint leaves. Chill in the refrigerator for a couple of hours. Enjoy!

Try different flavor combinations!

- ◆ **Thin slices of:** lemon, orange, grapefruit, strawberries, melon, pineapple, or peach
- ◆ **Fresh whole leaves or sprigs:** parsley, ginger, rosemary, or basil

Strawberry-pineapple, watermelon, and lemon are refreshing options.

## My Pledge to Drink More Water

I will reduce my (or my child's) consumption of sweetened drinks by substituting \_\_\_\_\_ for water at snacks and mealtimes.



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