

DRINK



Drinking **64 ounces of water** daily keeps you hydrated, aids digestion, and supports joint health. It helps regulate body temperature and flush out toxins. Proper hydration can boost energy and skin health.

Goal: Drink at least 64 ounces of water per day

These tips can help you make hydration a fun and integral part of your daily routine. So, water you waiting for? Sip smart and stay healthy!

- Carry a Reusable Water Bottle**
Keep a reusable water bottle with you throughout the day. Having it on hand makes it easier to remember to drink. Not to mention the positive environmental impact of reducing plastic bottle usage.
- Establish a Routine.**
Make drinking water a part of your daily routine. For instance, drink a glass of water first thing in the morning and before bed. To help stay on track, use your phone or water tracking app to remind you to drink your water at regular intervals.
- Infuse with Flavor**
Add slices of fruit, cucumber, or herbs like mint to your water to make it more appealing.
- Drink Before Meals and Snacks**
Drinking a glass of water before meals can help you feel fuller and aid in digestion.

Why is hydration so important?

Water makes up 60% of your body weight and transports nutrients, oxygen and waste in the body. Water is essential for regulating body temperature while hydrating the skin, eyes, and nose.



About 9 cups of water are recommended daily for women



About 13 cups of water are recommended daily for men