

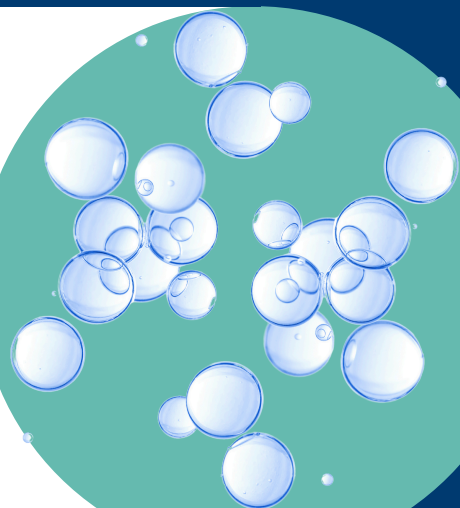
HYDRATION ALTERNATIVES

Maintaining hydration is important for our physical and mental wellbeing. Aiming for 250mL per 10kg of body weight may seem like a lot, especially if you struggle with water intake. Try out some of these simple tips to make achieving your hydration goals more enjoyable!



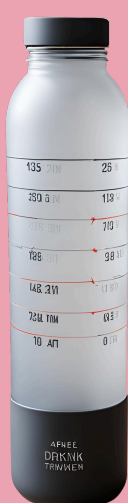
GIVE IT A TWIST

Adding mint, lime, lemon or cucumber can create a refreshing twist on plain water. These are healthy alternatives, with less sugar than soft drink alternatives.



ADD BUBBLES

Sparkling water is a great way to increase and elevate your water consumption. It shares the same benefits as flat water.



KEEP ACCOUNTABLE

Try aiming for 8 glasses of water per day, or try out a bottle with time stamps on it to keep you motivated.



CREATE ROUTINE

Forgetting to drink throughout the day? Create a routine. Try a glass first thing in the morning, before brushing your teeth, before lunch and dinner, and after using the bathroom.



ADD ELECTROLYTES

Electrolytes have added minerals to help you rehydrate when you've been sick, sweating more than usual, or after exercise. They're great for when we are dehydrated, but not needed day to day.