

# STAY HYDRATED



## DID YOU KNOW?

Humans can survive three weeks without food but can only survive three days without water.

Staying hydrated before bed can help you breathe better and snore less at night.

## FREE RESOURCES

- ✓ Toolkits
- ✓ Fitness Classes
- ✓ Nutrition Classes
- ✓ Telehealth Coaching
- ✓ Education Materials
- ✓ Related Resources

## HYDRATION STATION

### Your pathway to wellness begins here!

Water is an essential component for your physical and mental well-being. Did you know that the human body comprises approximately 55% to 60% water? While it's crucial to stay hydrated each day, special attention is required when you're active or exposed to heat – especially if you are spending lots of time outdoors.

### Here are some easy ways to stay hydrated:



**Carry a Reusable Bottle with You:** Keep a refillable water bottle handy wherever you go. Not only does this help you stay hydrated, but it also helps to reduce unnecessary waste such as plastic water bottles. Remember to refill it throughout the day whether you're commuting to work, running errands, or picking up kids from school.



**Make Hydration a Part of Your Routine:** Take a moment to sip a glass of water after you eat or after going to the restroom. This approach of making hydration a part of your daily habits will help you stay hydrated throughout your busy day and improve your health in the long-term.



**Start and End Your Day with Hydration:** Begin your mornings with a glass of water to help your body stay hydrated. Before you go to sleep at night, make it a habit to have another glass of water to refresh and restore your system while you rest.



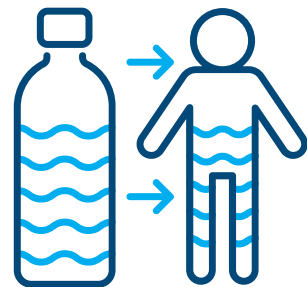
**Hydrate with Healthy Foods:** Certain fruits and vegetables, such as celery, melons, lettuce, and cucumbers, have a high amount of water. Incorporating these hydrating foods into your daily snacks will increase the amount of water you consume in a day helping you to stay hydrated.



**Take Your Water to the Next Level:** Make your water more exciting by adding tasty slices of lemon, lime, or orange. You can also try mixing in yummy things like cucumber, strawberries, watermelon, or herbs. This adds delicious flavors to your water and makes staying hydrated even more enjoyable!

Remember, drinking enough water keeps your body cool, helps you pay better attention, and gives you the energy you need for all the things you do.

So, grab your water bottle, take a drink, and go conquer the day with lots of energy!



[HEALTHIERTEXAS.ORG/TOOLKITS/](https://healthiertexas.org/toolkits/)



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