

Stay Hydrated!

TIPS FOR THE SUMMER



Carry a Water Bottle

Keep a refillable bottle close by so you remember to drink.

Drink Throughout the Day

Pour a glass of water with meals & snacks to ensure you drink throughout the day.

Eat Fruits & Vegetables

Watermelon, cucumbers, berries, and tomatoes are particularly rich in water.

Flavor Your Drink

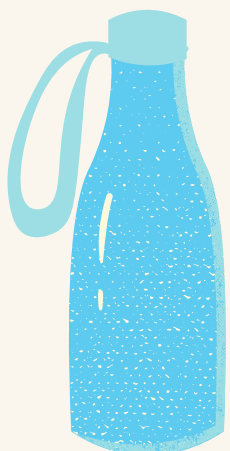
Add berries, mint, and citrus to make your beverages flavorful & nutritious.

Don't Wait for Thirst

Thirst is an early sign of dehydration. Drink before you get thirsty.

Include a Variety

In addition to water, smoothies, shakes, and electrolyte drinks also help keep you hydrated.



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References: [Health.gov](https://www.health.gov)