

DID YOU KNOW? H₂O IS THE WAY TO GO!

Why Is Drinking Water Important?



Drinking water does more than just quench your thirst!

- It can help to provide moisture to the tissues in the eyes, nose & mouth.
- It can aid in the regulation of body temperature & provides lubrication to the joints.
- It can improve internal organ health, brain function & energy levels.

What Is Drinking To Thirst?



Consuming fluids as thirst dictates is called drinking to thirst.

- This strategy involves consuming fluids when thirsty.
- Drinking enough to limit the sensation of thirst before, during & after activity is ideal.

How Can I Stay Hydrated?



- Limit the amount of caffeine & sugary drinks during the day.
- Try adding some flavor to your water!
Add in mint leaves or lemon, lime or orange wedges.
- Have some water to start & end your day, plus before & after a meal.
- Keep a water bottle at your workstation so that fluids are readily available.