



TOPICS

- Why you need to drink water
- Delicious Infused Waters

Why you need to Drink Water!

About two-thirds of your body weight is water. All your cells need water to work.

Water is also the base for all your different body fluids, including saliva, blood, urine, sweat, and joint fluid. No living thing can survive without water. You lose water when you sweat, go to the bathroom and even when you breath so you need to be replacing what you lose. When you don't drink enough you can become dehydrated.

The best way to avoid dehydration is to drink plenty of fluids each day. You should get your fluid from water or low-calorie beverages because relying on sodas, sport drinks and other sugary beverages for your fluids can add many calories with little nutritional value.

It is recommended you drink at least 8-10 cups of fluids a day depending on your age, where you live and your body weight.

Tips for staying hydrated:

- Carry a bottle of water and refill it as needed during the day
- Drink when you feel thirsty better yet before your thirsty
- Drink water before, during, and after exercise
- Stick with fluids from water or low-calorie beverages

Reference: CDC.gov



OUTDOOR EXERCISE

Swap the gym for an outdoor workout. Exercising in green spaces has therapeutic benefits and provides a psychological boost



Delicious Infused Waters:

One of the best ways to make hydrating fun is infused water! Infused Water is water that's chilled with herbs, fruit, or vegetables so that it takes on subtle flavors. The water also looks more enticing with colorful garnishes in the glass! It makes an ideal healthy low-calorie substitute for soda. You can even add sparkling water as a makeshift mocktail!

You might think you could infuse just about any fruit or vegetable, but there are some that work better than others.

Here are a few of the easiest to try out:



Cucumber water

- 1/2 cucumber
- 8 cups cold water



Lime water

- 1 lime
- 1 handful fresh mint leaves
- 8 cups (64 ounces) cold water



Lemon water

- 1 lemon
- 8 cups cold water



Fruit infused water

- 1 orange
- 6 strawberries
- 1 handful mint or basil leaves
- 8 cups (64 ounces) cold water

Directions:

Wash and thinly slice the veggies or fruits. Add the slices (and any fresh herbs) to bottom of a pitcher. Use a wooden spoon to lightly muddle them several times to release the juices. Add cold water. Refrigerate for at least 1 hour before serving. Flavor is best within 1 day.