

Tips for Staying Hydrated

With our busy schedules and warm weather, it's easy to forget about staying hydrated. Dehydration is a serious risk factor contributing to Heat Stress.

Follow these **6** easy tips to **Stay Hydrated** this Summer.

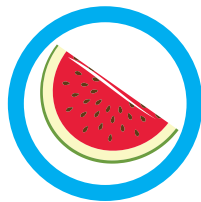
01. Flavour your water. Add lemon, cucumber, or basil for a more refreshing experience.



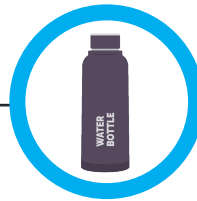
03. Download an app that sends you reminders to stay hydrated.



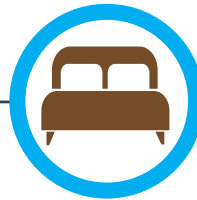
05. Eat your water. Certain foods have a high water content such as watermelons, cantaloupes, cucumbers and more.



02. Carry a reusable water bottle wherever you go.



04. Drink water when you wake up and right before going to bed.



06. Drink water before you get thirsty.

