

# **Hydrate Your Way to a Successful Day**

Staying hydrated can improve your body’s overall performance and help you maintain your concentration. Drinking plenty of water can even help you get a better night’s sleep. Here are   
some of our favorite tricks to sip your way to a better day.

1. **Your water bottle is your best companion.**

Make it a habit to have it with you when you run to a meeting or down to lunch. Soon it will be as essential as your phone.

1. **Mix it up.**

Don’t like the taste of water? Get creative by adding fruits like lemons and oranges. The sweet taste can add some excitement to your new habit.

1. **Chew your water.**

Adding veggies and fruits to the mix like watermelon and cucumbers give you an added dose   
of nutrients while keeping you hydrated.

1. **Make a simple swap.**

Trade that latte for a water with lemon or add another glass of water for every soda you drink.

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