



NUTRITION



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.

2. 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.

3. 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.

4. 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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