

Safety Committee's

MONTHLY TIP



6 TIPS FOR STAYING HYDRATED

Culligan Water

Don't wait until you're thirsty

Chances are, by the time you feel thirsty, you're already slightly dehydrated. Steadily sip water throughout the day to stay hydrated.



Flavor your water

If plain water tastes boring to you, hydrate with healthy flavor packets or refreshing fruit-infused water to increase your daily water consumption.



Track your intake

By setting a goal and recording your progress, you can stay motivated and make hydration a habit. Try setting reminder alarms!



Eat foods high in water content

Complement your water intake by eating foods with high water content. Fruit and veggies are great!



Carry a reusable bottle

Keeping a water bottle with you throughout the day can help you drink more water. Plus, it serves as a visual reminder and is better for the environment.



Replace sugary and caffeinated beverages with water

Not only will you increase your water intake, but you'll also cut back on added sugars.