

Feel your best by staying hydrated



Tired, foggy, or having headaches or cravings?

Before blaming stress, sleep, or caffeine, try hydrating first.

Hydrating simply means getting enough fluids throughout the day.

When you don't, even mild dehydration can leave you feeling "off," affecting your energy, focus, digestion, mood, and more.

Signs you may need to hydrate:

- Fatigue or sluggishness
- Headaches
- Muscle cramps
- Dry lips or skin
- Dark yellow urine



Water and beyond: Hydration options to try

- Plain or sparkling water
- Water with fruit (like lemon)
- Low- or no-calorie drink packets
- Electrolyte drinks
- Milk
- Tea (herbal or regular)
- Coffee (yes, it counts!)

Choose options you enjoy and will drink regularly.

Smart tips to stay hydrated



Drink regularly throughout the day

Don't wait until you feel thirsty—thirst can be a sign your body is already dehydrated.



Try hydrating before you snack

Sometimes what feels like hunger is actually thirst. Try drinking first, then decide if you're still hungry.



Find your ideal temperature

Some people like their drinks ice cold, while others prefer them at room temperature. Experiment to see what helps you drink more.



Make it easy to reach

Keep a beverage nearby—on your desk, in your bag, or in your car cup holder—so it's easy to sip throughout the day.



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