

KOHL'S
Healthy
at Home

8 Tips to Stay Hydrated

Is your family drinking enough water? Given that most processes within our body are dependent upon water, we need to stay hydrated with 4-8 cups of water every day to be healthy and focused. Here are some simple tips for staying hydrated throughout the day:

Keep water handy in a reusable water bottle
(Bonus: Let kids pick out their own water bottle!)

Try drinking a glass of water with every meal

Jazz up water with a squeeze of lemon or lime juice or by adding fruit slices/frozen berries

Low-fat milk, fruits, and veggies are also good sources of water!



Don't wait until you are thirsty to drink; being thirsty means you are probably already dehydrated

Drink more water when it is hot and when you are sick or physically active

Replace sodas and sugary sports drinks with sparkling water

Adults and teens can encourage younger children by drinking water with them