

## Ways to stay well hydrated during the hot summer months

Water is a natural gift given to us by nature. It is recommended to drink at least 1½ to 2 litres of water per day. Between 55% and 75% of the body is made up of water. All the cells and organs in the body need water to function properly. Without constant water consumption, the body becomes dehydrated, so making water a part of one's lifestyle will develop good healthy habits.

Staying hydrated and drinking enough water is essential for your health and well-being. Drinking enough water is still a challenge for many children and adults for a variety of reasons. Here are some tips to help you and your family drink enough water throughout the day.

Drink water first thing in the morning. Your six to eight hours of sleep is a long period to go without any water consumption. Drinking two or three glasses of water right away when you wake up is a good way to rehydrate your body quickly, especially in extremely hot weather. Drink water with every meal and drink a glass or two before bed.

Freeze a bottle of water and carry it with you wherever you go and carry it with you around in the car, at work, when you are out and while you are doing housework. Before doing so, always check that the bottle is suitable for freezing. That way, you'll always have fresh water all day long.

Maintain a bottle of water on your desk at work as a reminder to drink water. Without knowing it, you will be drinking a lot of water.

Make your cold water taste better by adding cucumber slices, lemon slices, orange slices, ginger slices, or herbs such as basil and mint. You will get stronger flavours if you leave the drink sit instead of drinking it right away. Allow children to fill their own glasses with water during meals to encourage them to drink more water.

Eat more "water-rich" fruits like watermelon, strawberries, peaches, and cantaloupe. Summer fruits and vegetables give you the energy and nutrients your body needs and help cool you down and stay hydrated as they have high water content.

Eat water-rich vegetables that will keep you hydrated and can contribute a large amount of water to your diet. These include cucumbers, tomatoes, spinach, kale, cabbage, lettuce, broccoli, brussel sprouts, oranges, and apples.

Choose water when you go out to eat. Generally, you will save money and reduce calories. This will also help to avoid drinking high-calorie beverages like soft drinks, juices, alcohol and cocktails.

Keep a note on the refrigerator or alarm on your mobile phone. Find a mobile application to remind you to drink water. These points can help you keep track of the amount of water you take in during the day.

More water should be consumed on hot days, if you are active, if doing sports, working outdoors in the sun, if you are sweating excessively, when you are sick, and if you have diarrhoea or vomiting.

It is important to start building up your water level slowly. Your body and your mind need to get used to the increase in your daily water consumption. If you are not a big water drinker, start with one glass of water per day using whichever tip best fits into your routine. After that try another tip until you reach your goal.

For those who suffer from certain chronic diseases, consult your doctor about your water intake.