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Summer hydration hacks

Being well-hydrated is key to feeling your best. Try these easy and fun hydration hacks that can help you feel cool and refreshed all summer long!

- **Drink water with a twist.** Add a slice or two of lemon, lime, or cucumber to your water for a healthy burst of flavor.
- **Set water reminders.** Set a reminder on your phone to drink water every hour—even a few sips can help.
- **Eat water-rich foods.** Watermelon, cucumbers, and oranges are not only refreshing, but also help keep you hydrated.
- **Bring a reusable water bottle everywhere you go.** When you always have water on hand, it's easy to remember to drink it.
- **Enjoy hydrating snacks.** Ice pops made from real fruit juice, chilled smoothies, or sliced bell peppers can help you stay hydrated while also satisfying a snack craving.

Smart summer snacking

Smart snacking allows you to have your favorite flavors while still eating nutritiously. Be mindful of your portion sizes, reach for fruits and veggies, and enjoy treats in moderation.

How to get along on family vacations

Taking family vacations is a great way to make special memories. Make the most of your time together by being flexible, being respectful of everyone's needs, and remembering that it only needs to be fun—it doesn't have to be perfect!



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