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Summer Is Heating up! Stay Hydrated with These Four Easy Steps

- 1. Always carry a water bottle, and if you have desk job, always keep one at your desk.** If you have a bottle within arms reach, it's very likely that you'll mindlessly sip from it throughout the day, without having to make a conscious effort.
- 2. When you're feeling frazzled or hazy, grab a glass of cold water.** Studies show that people instantly feel more alert after drinking H₂O. It's a simple, healthy way to snap out of a midday slump.
- 3. Sip on a mug of herbal tea every evening.** If you make this a habit, you'll add an extra cup of fluid to your tally every single day. On top of that, this relaxing ritual is a wonderful way to de-stress at the end of the day.
- 4. Eat a diet rich in whole foods.** By eating water-rich foods like vegetables, fruits, and yogurt, you'll automatically up your fluid intake. On the other hand, processed snack foods like chips, crackers, and baked goods have minimal water content.

Taken from [EverydayHealth](#)

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