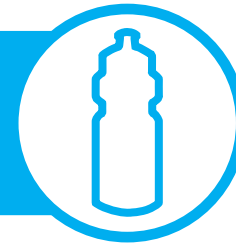
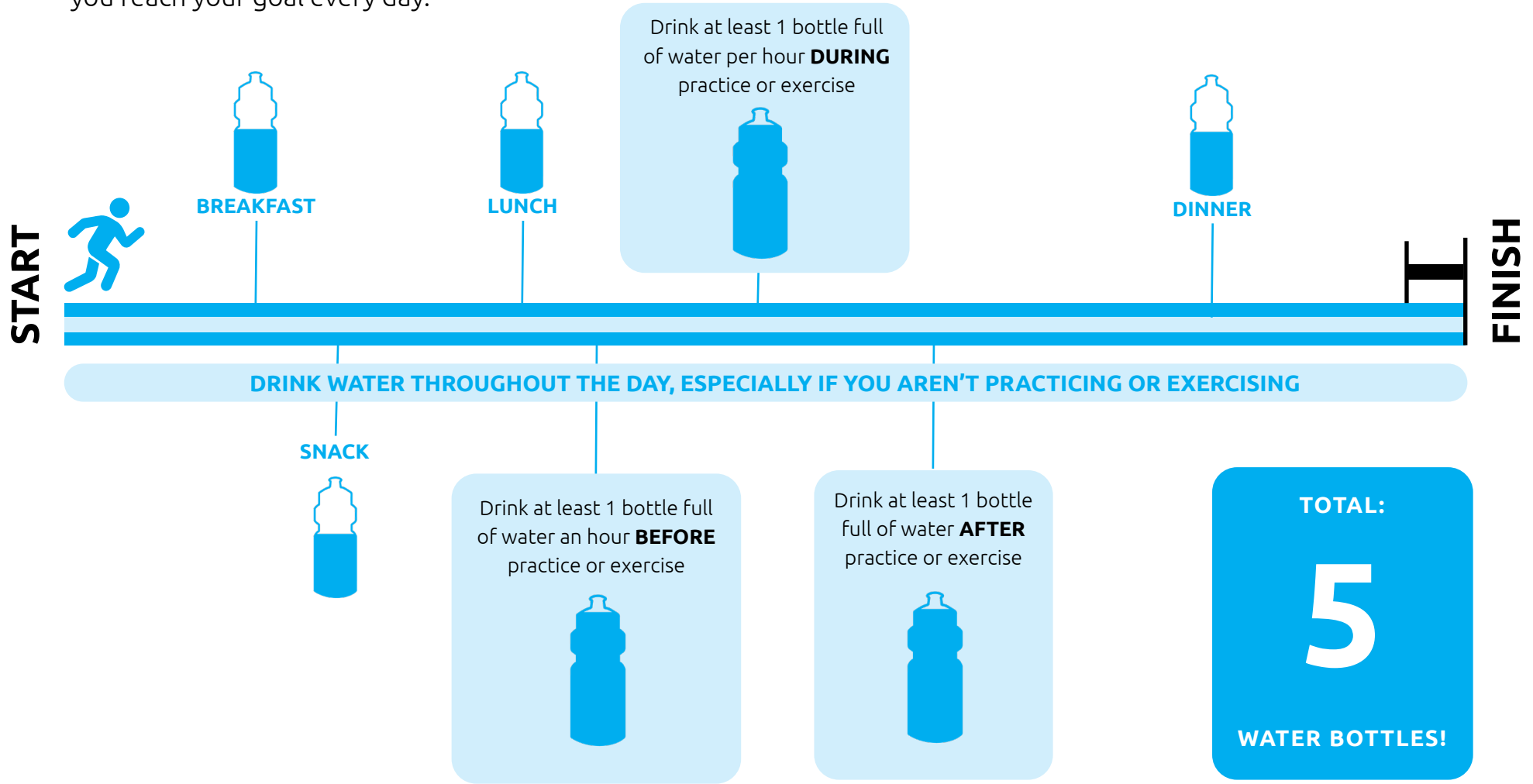


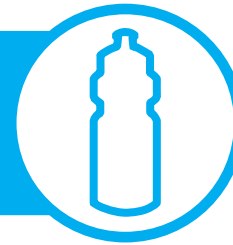
Reach Your Hydration Goal



Staying hydrated is easy when you know the best times to drink water! Use the guide below to help you reach your goal every day.



Family Engagement



Water is another important fuel for sports and for life. Drinking the right amount of water is important for your health and can also help your athletic performance.



Flavor Your Water

Try making your own flavored water with your family by adding things to your water. Fill a pitcher with water and add fresh fruit. Try lemons, limes, oranges, watermelon or even berries. Put the pitcher in the fridge overnight. Enjoy your home-made flavored waters for a fun different drink.



Keep Out The Sugar

Keep soda, and high sugary drinks out of your house. Instead of buying sodas and other sugary beverages, shop with you family for sparkling water or sugar free flavored water drinks.



Take Your Water With You

Use your favorite water bottle to carry with you wherever you go. Whether you are exercising, traveling or doing errands you will always have water available to drink.

