Tips to Stay Hydrated This Summer

It's getting hotter as we get closer to summer. If you don't drink enough water, the heat can be tough on your body. Staying hydrated helps your body and mind work better!

Here are some quick ways to add more water to your day:

1. Start your day with a glass of water. Leave a glass of water near your bed. Drink it right when you wake up.

2. Start a journal. Make a goal of drinking water every day. Write down how much water you drink every day to keep track of your goal.

3. Set an alarm. Set an alarm on your phone to remind yourself to drink water!

3. Limit sugar sweetened beverages and soda. They are not healthy and add lots of calories.

4. Flavor your water. Tired of plain water? Add strawberries, cucumber and mint to flavor your water.

5. Carry a water bottle everywhere. This will help you have water at all times.

6. Hydrate with food. Fruits and vegetables have lots of water. They can help with adding water to your daily goal.
- Try fresh fruits, fruit kebabs, green smoothies and green juices.
- Freeze leftovers to make fruit popsicles. They're a great treat in the middle of a hot summer day. See **Fruit Popsicles** recipe below.

Fruit Popsicles

What you need:
- ¼ cup of blueberries
- ¼ cup of raspberries
- 3 sliced strawberries
- ½ sliced kiwi
- 1 ½ cups of coconut water

What to do:
1. Fill popsicle mold with fruits. Save some room for the coconut water.
2. Pour coconut water and fill each popsicle mold.
3. Put it in the freezer for about 4-5 hours to eat the same day. You can also freeze them overnight for the next day.
4. To take out your popsicle from the mold, run over lukewarm water.
5. Enjoy!