



# Refresh with water

Water helps our bodies do amazing things! Every cell, tissue and muscle relies on it to keep us moving, thinking and feeling good. The best part? Staying hydrated can be simple and fun, so let's explore easy ways to make water part of every day.



## Tips to remember to drink water

- Keep a water bottle next to you at home, work or in the car.
- Use phone reminders or apps (every 1-2 hours).
- Make drinking water part of your routine. Drink a glass of water when you wake up, when watching tv or with each meal.
- Find out the mL/L of your drink bottle and set a goal to have 2-3L.



## Make your water more enjoyable:

- Add ice cubes, berries, sliced cucumber and lemon or lime.
- Sip on herbal teas (hot or chilled).
- Try sparkling water or add sugar-free cordial for extra flavour.



## On hot days or when it's hard to drink enough water, eat food with a lot of water in them:

- Add fruit and vegetables like watermelon, berries, oranges, cucumber, celery, zucchini or tomatoes
- Include yoghurt or smoothies made with fruit and milk or water.
- Warm up with soups and broths, especially vegetable-based varieties, to help stay hydrated on cooler days.



## Fun ways to help children drink water:

- Pick bottles or cups with bright designs or fun characters.
- Get children to choose their own bottle or cup.
- Add shaped ice cubes (like stars or circles) and colourful straws.
- Use reward charts or stickers to celebrate achievements.
- Pack water bottles for your family when you are out and about.