

# HYDRATION TIPS AND RECIPES

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## common mistakes

### HYDRATION – COMMON MISTAKES

#### **Problem: Forget**

One of the most common hydration mistakes I see is “forgetting to drink”. We have so much to think about during the day, and water just does not take center-stage.

**Solution: Re-fillable bottle.** Not only is it good for the environment but it’s an instant cue to remember to drink. If its 16 ounces, fill it up 4 times, 32 ounces, fill it up twice. Create a habit – make filling your water bottle (and drinking some) the first thing you do each day. Once this becomes a habit, getting in your water will come naturally.

#### **Problem: Only after sweating or only in the summer**

**Solution: Pre-hydrate.** We need water year round and we need fluids before, during and after exercise. We are more inclined to drink up when we feel thirsty which is usually in the heat or after sweating, but that’s not enough. While sweating increases water needs, hydration is just as important as re-hydrating. So, drink up and if you crave something warm in the winter, try herbal tea or warm water with a squeeze of lemon

#### **Problem: We wait until we are thirsty to drink**

**Solution: Don’t let thirst be your cue to hydrate.** You have probably heard before that thirst is actually the first sign of de-hydration, yet so often our inclination to drink is once we feel thirsty. Remember this: among the benefits of water are increased energy and improved metabolism, so don’t rush for your coffee until you have started with water (don’t worry, we are not eliminating that morning java).

# HYDRATION TIPS AND RECIPES

## helpful hints

### HYDRATION – HELPFUL HINTS

Water makes up more than half of our body weight. Staying hydrated is important for so many reasons. Being hydrated helps our skin, digestion, metabolism and energy. While 8 glasses per day is not science (actual needs vary from person to person based on weight, age, activity level amongst other factors), 64 ounces is a good average. Another estimate is to divide your body weight in half (a 160-pound person would need 80 ounces). Clear, odorless urine is usually a good indicator of adequate hydration.

#### Here are a few helpful hints

1. If plain water gets boring, try a water infusion using vegetables, herbs or fruits. Find some of our favorites on the next page.
2. Use unsweetened green or herbal tea as a base instead of plain water. Add infusions to your tea – mint, lemon green tea is so refreshing
3. Make fruit cubes. This is a great activity to help encourage children to drink more water (and steer them away from juice). Add berries, citrus fruit cut small or herbs to ice cube trays, fill with water and freeze. Instant flavor, color and fun.
4. Add bubbles. Fizzy mint tea is refreshing, light and so delicious. Follow this simple recipe: Brew a strong mint tea and refrigerate to chill. Add 20 ounces of chilled tea to a 32 ounce water bottle. Add 8 ounces fizzy water, a few ice cubes and citrus of choice.
5. Eat more fruits and vegetables. Yes, another reason to load up on an array of fresh fruits and vegetables. Here are some standouts: cucumber, celery, tomato, broccoli, cauliflower, strawberries and watermelon.
6. Good news for java fans – the myth of coffee dehydrating has been all but de-bunked. So, count your cup or two of java toward your fluid needs. Just don't overdo it and leave the cream, sugar and frothy milk out if you want fluid credit.
7. Alcohol is dehydrating so practice moderation. A good strategy is to start with water first. Then, after your drink have another plain or sparkling water. This small trick helps with balance and control.
8. Feeling hungry? Pause to drink before you eat. Sometimes, thirst can be confused for hunger. So drink up and wait 10 minutes. As an added benefit, chances are you will eat less!
9. Warm it up. On a chilly day, its common not to crave cold water so try hot water with a wedge of lemon or a warm herbal tea. Since herbal tea has gained popularity, chances are you can find one you love (just make sure its not sweetened).

# HYDRATION TIPS AND RECIPES

## our favorite recipes

### HYDRATION – SOME OF OUR FAVORITE RECIPES

#### INFUSED WATERS

64 ounces of water a day is the goal for most Reset participants. These recipes are using a large water pitcher or carafe (32 oz) but you can make them in smaller mason jars with lids.

All you have to do is slice the fruit you want to use and drop it into your water. Let sit for 4 hours. You can start drinking it right away, but you might not notice the flavors until it infuses for a few hours.

As long as you keep your water refrigerated, the fruit should stay fresh. If you are filling your pitcher with water throughout the week, keep in mind that it will dilute the flavor each time you refill. I would recommend drinking your water within 2-3 days and making a new batch once you notice the fruit has started to soften or turn your water cloudy.

Start with 32 ounces of water. Some fun add ins are:

- 1 lemon, sliced, 1/4 cup fresh berries and 6-8 basil leaves
- 1 lime sliced, 1 jalapeno pepper (seeds removed) sliced, 1 cup fresh pineapple
- 2 sliced oranges with 1/2 cup fresh parsley (crushed)
- 8 fresh basil leaves with 2-inch piece of ginger sliced
- 1 sliced lemon w/ 1/2 cup fresh mint leaves
- 1 sliced orange, 1/2 sliced cucumber & 1 sliced lime
- 1 cup fresh watermelon with 1 sliced lime
- 1 sliced mango, 1 sliced lime

#### RESET TEA

Green Tea  
Herbal Mint  
Rooibos  
Chamomile

In a medium saucepan, bring 4 cups (32oz) of water to a simmer.

Take off heat, add three tea bags and let steep for 15 minutes.

Add ice to cool down immediately or naturally let cool to room temperature.

Take your large water pitcher or carafe and add orange or lemon slices; pour in tea and refrigerate four hours for maximum flavor.

#### COMFORT BEVERAGES

Warm almond milk with pure vanilla extract and cinnamon

Coconut milk blended with fresh strawberries