

August's tip:

# Don't wait... HYDRATE!

Your body  
loses water  
while you...

sit

Keep a bottle of water on your desk and use a straw—convenience is a good reminder to hydrate.

drive

Put a frozen bottle of water in your car. This keeps cool water waiting for you after your car has been parked in the sun.

exercise

Weigh yourself before and after you exercise. Drink at least 2 cups of water for every pound you lose during your workout.

eat

Treat your tastebuds on hot summer days with popsicles, watermelon, or other water-rich foods to help replenish fluids in your body.

sleep

Start and end your day with a glass of water—your body loses water even when you are snoozing!

yawn

If you're bored with plain water, consider a sports drink—it contains electrolytes that give an added energy boost to your day.

Contact your EAP Coordinator



Employee  
Assistance  
Program

WellNYS  
Everyday