

TAKE 15'S GOAL IS TO HELP ENCOURAGE POSITIVE MENTAL HEALTH IN THE WORKPLACE WITH A FOCUS ON MINDFULNESS, REMOVING THE STIGMA ASSOCIATED WITH MENTAL HEALTH, ENCOURAGING MORE CONVERSATION AND ENGAGEMENT WITH BOTH EMPLOYEES, CLIENTS AND CUSTOMERS.

STAYING HYDRATED IS AN ESSENTIAL PART OF STAYING HEALTHY. WATER ACCOUNTS FOR ALMOST TWO THIRDS OF OUR BODY WEIGHT. IT ENABLES OUR MOST IMPORTANT BODY FUNCTIONS. IF YOU'RE NOT DRINKING ENOUGH, YOU CAN QUICKLY BECOME DEHYDRATED, WHICH CAN LEAD TO HEADACHES, FATIGUE AND MORE SERIOUS ISSUES. STAYING HYDRATED CAN HELP YOU STAY ENERGISED, ACTIVE AND HEALTHY.



JUNE
IMPORTANCE OF HYDRATION



THERE ARE MANY EXPERT OPINIONS ABOUT HOW MUCH PEOPLE SHOULD DRINK EACH DAY. GENERALLY ABOUT 9 TO 12 GLASSES OF WATER AND OTHER BEVERAGES IS RECOMMENDED FOR MOST ADULTS. SPECIFIC RECOMMENDATIONS VARY BASED ON YOUR LEVEL OF ACTIVITY, THE TEMPERATURE WHERE YOU LIVE, AND YOUR PERSONAL MEDICAL HISTORY. IT'S IMPORTANT TO ADJUST THE AMOUNT YOU DRINK TO YOUR ROUTINE AND ENVIRONMENT.



TIPS TO HELP YOU STAY HYDRATED

SET REMINDERS: USE ALARMS OR APPS TO REMIND YOURSELF TO DRINK WATER REGULARLY. EVEN SETTING A SIMPLE HOURLY REMINDER ON YOUR PHONE CAN BE A GREAT WAY TO DEVELOP A CONSISTENT HYDRATION HABIT.



INFUSE YOUR WATER: IF PLAIN WATER DOESN'T APPEAL TO YOU, TRY INFUSING IT WITH NATURAL FLAVORS. ADDING SLICES OF LEMON, LIME, CUCUMBER, OR A FEW BERRIES CAN ENHANCE THE TASTE AND MAKE DRINKING WATER MORE ENJOYABLE.



CARRY A REUSABLE WATER BOTTLE: HAVING A WATER BOTTLE WITH YOU AT ALL TIMES MAKES IT EASIER TO SIP THROUGHOUT THE DAY. OPT FOR A BOTTLE WITH MEASUREMENT MARKINGS TO HELP TRACK YOUR INTAKE AND ENSURE YOU'RE MEETING YOUR HYDRATION GOALS.



LOOK FOR DRINKS WITH GREENEAT WATER-RICH FOODS: INCORPORATE FRUITS AND VEGETABLES WITH HIGH WATER CONTENT INTO YOUR DIET. FOODS LIKE WATERMELON, CUCUMBERS, ORANGES, AND STRAWBERRIES CAN CONTRIBUTE SIGNIFICANTLY TO YOUR DAILY HYDRATION NEEDS. COLOUR-CODED LABELS



DRINK BEFORE YOU'RE THIRSTY: THIRST IS A SIGN THAT YOUR BODY IS ALREADY DEHYDRATED, SO SIP WATER CONSISTENTLY THROUGHOUT THE DAY RATHER THAN WAITING FOR THIRST TO STRIKE.