

Healthy Hydration Habits

Drinking water is so important for your health. **It keeps your mind and body running efficiently and feeling strong.** Here are some tips to stay properly hydrated!

- Bring a water bottle every where you go.
- Make your water bottle fun by decorating it with stickers.
- Serve water with snacks and meals.
- Add fresh fruits like lemon and berries to change up the flavor.
- Limit the amount of sugary drinks you consume (including juice!).



How much water do you need?

Ages 1-3	4 cups
Ages 4-8	5 cups
Ages 9-13	7-8 cups
Ages 14+	9-11 cups

Do you have questions about hydration? Talk to your Primary Care Provider about a referral to Island Health's Clinical Dietitian, Amber Phillips, MS, RD for more information.

Hydration Challenge!

Are you ready for a summer hydration challenge? Color a square every day after you have consumed the recommend amount of water for your age!

