

5 Simple Steps

to ensure you're staying hydrated while working from home



To make sure you are staying hydrated while working from home, follow these 5 tips.



1

Aim for around 2 litres per day

Each person is different, and each body requires a different optimal amount of water daily. Experiment to see exactly how much water you need. Generally, health experts suggest the equivalent of about 2 litres of water per day.



Keep a bottle handy

Grab a reusable water bottle and keep it with you. Keep it by your bedside table, leave it on your desk, have it by your side during home workouts. If you have a full water bottle by your side throughout the day, you're more likely to stay hydrated.

2



3



Set alarms to remind yourself to drink

Set an alarm to go off once every couple of hours. This will give you a chance to fill your water bottle, stretch your legs, and give your eyes a break from the screen.

Try and avoid food & beverages that dehydrate

They may be tempting, but some high-sugar drinks and fatty, salty foods can dehydrate you even more. If you eat these, be sure to rehydrate afterward. Or even better, try snacking on refreshing fruits like melon, strawberries, oranges and peaches instead.

4



5



Add natural flavours to your water

If you'd rather not drink plain water all day, why not try infusing your water with fruit? This is a healthy way to add flavour to your water without adding refined sugar. For example, freshly squeezed lemon water can benefit the body by aiding digestion and improving your skin, as well as being a good source of vitamin C.