



HYDRATE

for your health

WATER KEEPS YOUR BODY RUNNING



Regulates your body temperature

Gives you clearer skin



Lubricates and cushions your joints

Keeps your blood flowing



Aids in digestion

SIGNS OF DEHYDRATION



Dry skin



Dry eyes



Dry mouth



Headaches



TIPS FOR DRINKING MORE WATER

1. Carry around a refillable water bottle so you can drink on the go.
2. If you are craving some fizz, try unsweetened seltzer.
3. You can eat water too! Fruits and vegetables like watermelon, tomatoes, and cucumbers are composed of over 90% water.
4. Freeze grapes or berries and use them as "ice" to cool down your drink.
5. Add some flavor to your water with fruits, vegetables, and herbs.

WATER INFUSION RECIPES



Pineapple and basil



Ginger and lime



Strawberry and jalapeño pepper

DID YOU KNOW?

NYC is fortunate to be able to enjoy some of the best drinking water in the nation.

NYC gets over 1 billion gallons of fresh clean water every day from reservoirs in upstate New York.

For resources and programs to help you lead a healthy lifestyle, visit nyc.gov/workwellnyc

