



Thirsty for Health!

IDEAS FOR DRINKING MORE WATER

WATER IS THE BEST WAY TO HYDRATE YOUR BODY DAILY. TO REACH THIS GOAL, HERE ARE A FEW IDEAS TO GET YOUR FAMILY TO ENJOY DRINKING WATER AND TIPS TO ENCOURAGE YOU TO DRINK IT MORE OFTEN.

Water every day

- Always keep a **pitcher of water in the refrigerator**. Letting water sit in the fridge for a few hours gets it nice and cold and reduces the chlorine taste of some municipal water.
- Have a **pitcher of water on the dinner table** so the whole family can have some during meals.
- Don't wait until you are thirsty before you drink. Thirst is an indication that your body is low on water. Remember to **drink water throughout the day**.
- Bring a refillable **water bottle** with you to school or the office and keep it close at hand.
- Get in the habit of stopping for a few sips of water when you walk by a **drinking fountain**.
- During **physical activity**, remember to **bring water** and drink regularly, even in winter.

Make water fun

If you find plain water boring, you can:

- Add **fun ice cubes** in various shapes or put small pieces of fruit (e.g., berries, cherries) in the mould before freezing.
- Use **frozen fruit as ice cubes** (e.g., strawberries, peach slices, grapes, melon chunks).
- Use a **colourful or fun-shaped reusable straw**.
- Flavour your water with **fruit pieces, vegetables slices, or herbs**.

Did you know?

Your body is around 60% water. For your kids, that figure can be up to 70%!

Staying hydrated is essential for your body to function properly (carrying and delivering nutrients, regulating temperature, eliminating waste, etc.).





REQUIREMENTS

You need to consume fluids, mostly water, every day.

The recommended amounts are approximately:

Children: 1L to 1.2L

Women: 2L

Men: 3L

About flavoured water

Flavoured water can be a fun way to add some variety. There is a whole host of tasty and healthy flavours you can try at home.

Here are a few:

- Pineapple and rosemary
- Cucumber and mint
- Honeydew melon and mint
- Watermelon
- Strawberry and basil
- Peaches and raspberries
- Mango

Most fruit (aside from strawberries) keep their flavour and can be eaten afterwards. Zero waste!

For even more options, you can also add a drop or two of your favourite essential oils (e.g., lemon, coconut, maple, almond, vanilla). Iced herbal teas (without citrus peels) are also healthy and refreshing.

CAREFUL!: All flavoured water is not the same. **Avoid commercial flavoured water and liquids or powders** use to flavour water. In addition to being sugary, they are acidic and promote tooth decay. **At home, use citrus fruit sparingly** (i.e., lemon, lime, oranges, and grapefruit), because they can also damage teeth.



RECIPE :

For every 2 cups of water (500ml), add ½ cup (125ml) of fruit pieces. Fresh or frozen fruit can be used. You can also add herbs if you wish.



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For more ideas on healthy hydration, see the [file](#) or [video](#) entitled “**Qu’est-ce qu’on boit?**” (in French only) created by Extenso, in collaboration with Association québécoise de la garde scolaire.