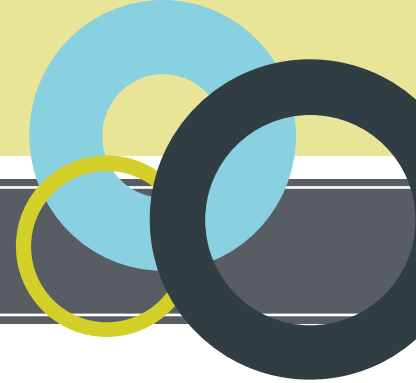


DEHYDRATION MAKES YOU FEEL MORE THAN JUST THIRSTY!



Did you know that even mild dehydration can result in anger, fatigue and mood swings?

Researchers from the University of Connecticut found that a 1.5% decrease in water levels in the body can result in impairment (this decrease can come from normal daily activities!).

Women are found to be more susceptible to these symptoms than men.

If you find your mood and energy levels dipping by mid-afternoon, perk up with a drink of water and a quick walk.

To help with consistent hydration – create a water bottle with “time goals” written on it!

DRINK WATER WHILE YOU'RE IN THE WATER!



It may seem counterintuitive, but it is just as important to stay hydrated while you are swimming as it is when you're running or cycling.

Whether you're swimming lengths or playing in the water, you **will** break a sweat if the activity is vigorous enough.

Because sweat loss while in the water isn't as obvious, watch for these symptoms of dehydration:

- Unexplained sudden fatigue
- Flushed skin
- Palpitations and increased breathing rate

Stay ahead of dehydration and take small water breaks so that your training or fun time in the pool is not cut short.

MASON JAR COOLERS



Ditch commercially prepared sugary drinks and make mason jar coolers in a variety of flavours. Mason jar coolers are colourful, economical, healthy and above all, thirst-quenching! Let's get started!

- Wash jars before use
- Add washed and sliced fruits, vegetables, and herbs (to taste). Top with filtered water
- Store in refrigerator for up to 2 days (discard fruit/herbs after use)
- Cut down on waste with reusable straws made of stainless steel, glass or bamboo

Try the following recipes or create your own cooler!

Cool Cucumber

- ½ cup sliced cucumber
- 1 or 2 sprigs of mint leaves

Apple Spice

- ½ apple thinly sliced
- 1-2 cinnamon sticks

Berry Berry

- ½ cup berries of your choice
- 4-5 large basil leaves