



# 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 essentials 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  $\frac{1}{2}$  cup (125ml) of fruit pieces. Fresh or frozen fruit can be used. You can also add herbs if you wish.



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QUEBÉCOISE DE LA REPRÉSENTER  
GARDE SCOLAIRE MOBILISER



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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.