

Hydration tips

We all know drinking water is important but there are several factors to staying hydrated. Did you know eating carbohydrates help to keep you hydrated? Additionally, electrolytes are important, especially in hot humid weather where you may lose them to sweat. Bananas are a great choice both for the carbohydrates and the electrolytes. If bananas aren't your thing, let this be your excuse this weekend to enjoy some salty carbs as we head into a hot and sunshine filled weekend. Don't forget to also drink your water!



Brought to you by the wellness committee.