



COMMUNITY // April 7, 2020

Hydration Awareness: 10 Ways to Be ‘Water Wise’ (Even While Sheltering in Place)

Water 101: Guidance from the CDC, USDA, Academy of Nutrition and Dietetics and other top-tier experts and physicians on proper hydration, dehydration avoidance Water. We all need it—and know we need it—for optimum health and wellness, but a shocking few live daily life in a properly hydrated state and certainly not with appropriate consistency. One [...]

By [Merilee Kern](#)

