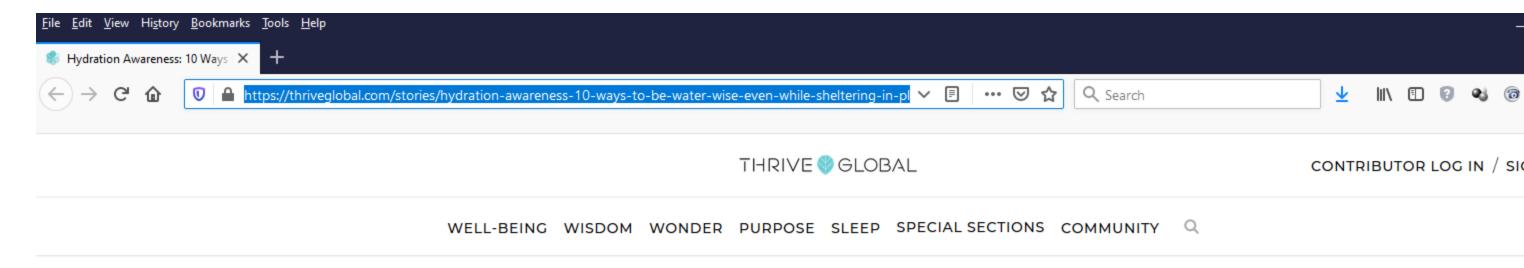
https://thriveglobal.com/stories/hydration-awareness-10-ways-to-be-water-wise-even-while-sheltering-in-place/?utm\_source=Newsletter\_Transaction&utm\_medium=Thrive&utm\_campaign=Published



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





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