

Staying hydrated at work

Here are some top tips to help everyone stay hydrated at work.

1. Set up a hydration station (see the [Hydration station set up guide](#)).
2. Set a reminder in your phone or calendar to take a break and hydrate.
3. Take a reusable water bottle to work and keep it with you.
4. If you don't have a water bottle, keep a large glass of water with you at your workspace.
5. Infuse hot water with fruit, vegetables or herbs for flavour – try lemon or mint!
6. Schedule a morning drinks break with colleagues.
7. Have jugs of water and glasses available in meetings.
8. Display the [Team hydration tracker](#) to help everyone remember to drink plenty.
9. Keep a jug of water in the fridge at work so everyone can help themselves to chilled water.
10. Invest in a reusable flask, for hot drinks when you are on the go, to reduce single-use plastic.



Share how you are staying hydrated on twitter @NutritionOrgUK #HEW22