

**Hydration** is one of the easiest ways to care for our body. Your beverage choices should be hydrating AND **healthy, while feeling like a treat!**

Challenge yourself to stay hydrated throughout the day with **unsweetened beverages** highlighted in the Sweetened Beverage Alternative handout. For a treat, check out this watermelon slush video from **PEAK Health & Fitness at the U**

**Check out this delicious recipe!**

**Fun Beverage Ideas Here!**

