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!