

# GO WITH THE FLOW

## Your guide to balancing and boosting your electrolytes and staying hydrated

Let's be real – we all know we need to stay hydrated to be healthy and safe. Drinking water is key for staying hydrated and maintaining a balance of vital minerals called electrolytes. In turn, electrolytes direct water to areas in the body that need it most. Sometimes we might need an extra boost of electrolytes to aid in hydration, focus, recovery and prevention of headaches and cramps.

Instead of reaching for sugary sports drinks with artificial, unhealthy ingredients, FOLLOW THE FLOW BELOW for the best ways to stay hydrated and keep your electrolytes balanced while keeping it real!

### HYDRATE

#### THIRSTY?

#### NOT THIRSTY?

#### UNSURE IF YOU'RE THIRSTY?

#### DRINK WATER.

Water is the best, most natural & accessible way to stay hydrated & balance electrolytes.

#### CHECK YOUR HYDRATION STATUS.

Drink enough water for your urine to be pale yellow in color.

#### TIRED OF PLAIN WATER AND WANT SOME FLAVOR TO YOUR DRINK? TRY THIS.

#### DRINK INFUSED WATER.

Add flavor by infusing your water with fruits & vegetables such as berries, lemons, limes, oranges, cucumbers, or hot peppers.

#### WANT SOME ADDITIONAL HYDRATION? TRY THIS.

#### EAT HYDRATING FOODS.

Eat foods that naturally hydrate such as pineapples, grapefruits, oranges, watermelons, blueberries, cantaloupes, pears, tomatoes, lettuces, cucumbers and celery.

### BALANCE

#### WANT TO GET ELECTROLYTES NATURALLY? TRY THIS.

#### EAT ELECTROLYTE-RICH FOODS.

Eat foods that are naturally rich in electrolytes such as lightly salted nuts and seeds, bananas, kiwis, potatoes, oranges, legumes, leafy greens, avocados, bone broth, dairy and dairy alternatives.

#### DRINK ELECTROLYTE-RICH DRINKS.

Sip on drinks that are naturally rich in electrolytes such as coconut water or a homemade electrolyte drink made with coconut water, honey, lime and salt.

### BOOST

#### WANT TO GIVE YOUR BODY SOME EXTRA SUPPORT? TRY THIS.

#### CONSIDER SUPPLEMENTS.

Electrolytes in supplement form can help keep electrolytes balanced. Consult with a health professional to determine what best meets your needs.

#### SPARINGLY SIP ON HEALTHIER-OPTION ELECTROLYTE DRINKS OR POWDERS (STILL DRINK YOUR WATER) SUCH AS:

- Roar Organic
- Nooma Organic Electrolyte Sports Drink
- BODYARMOR LYTE
- Biolyte – IV in a Bottle (625% stronger than a sports drink or Pedialyte – mix with water unless you are dehydrated – this is medical grade)
- Hydrant Electrolyte Powder Rapid Hydration Mix
- V8 Hydrate
- Essential Elements Hydration
- Hydration Multiplier by Liquid IV
- Replenisher by Ultima

Disclaimer: Product list is not all-inclusive.

**KEEP IT REAL** by avoiding artificial flavors, colors and sweeteners.  
**KEEP IT HEALTHY** by avoiding high sugar content and high calories.  
**KEEP IT HYDRATED** by avoiding coffee, tea, sodas, energy drinks and alcohol.