



Discover the Doulton difference.

# Top Tips to drink more water this January

A dynamic splash of clear water forms a circular frame around the text. The water droplets are captured in mid-air, creating a sense of movement and freshness.

Take the  
Doulton  
Hydration  
Challenge!

this January - the healthy  
way to start 2019!



If you've overindulged during the festive party season, replenish and rehydrate this January with healthy Doulton® water. Drinking water can support weight loss, provide energy, boost your immune system and provide many other benefits to the whole family. Take a look at our handy hints and tips for a happy, healthy and hydrated 2019.

## Take part in the Doulton® Hydration Challenge this January. 1 month, 248 thirst-quenching glasses of Doulton® water.



### 1. Record how many glasses of water you drink per day.

Print out your Hydration Challenge Chart and pop it up at home or at work for handy hints and tips to keep you going along the way - try to challenge yourself to increase the number of glasses you drink per day. Setting your own daily intake goals and rewarding yourself when you meet them is a great way to stay hydrated this New Year.

### 2. Flavour your water

If you find it difficult to regularly drink water, adding fresh fruit and herbs are great ways to enhance the flavour for delicious tasting water. The more you enjoy water, the more you will drink. How about adding a squeeze of lemon or a fresh cucumber slice? Take a look at some of our recipe ideas for flavoursome, delicious Doulton® water with a twist.

### 3. Eat water-rich food

Whilst drinking water is very important to stay hydrated, remember that water intake can also come from food. Eating foods that are rich in water is another way to contribute to a healthy and hydrated diet. Snack on water-rich foods such as watermelon, cucumber, lettuce and strawberries throughout the day. They all have water content of over 90%, and they're delicious too!

### 4. Buy a water filter

Doulton® water filters effectively remove a wide range of contaminants as well as filtering out bacteria, cysts and particles, improving the taste and odour of your tap water. Whilst removing contaminants, Doulton® filters retain all of the healthy, naturally occurring minerals in water, so you can trust that you and your family are getting the very best health benefits from drinking water.

### 5. Set reminders

If you're not in the habit of drinking water throughout the day, it can be difficult to remember to do so. Why not set a reminder on your phone to alert you periodically to drink a glass of water? Over time, drinking water regularly will become part of your every day routine, so you can switch off the reminders!



Download your Doulton® Hydration Challenge Chart here.