

HYDRATION

Length: 60mins (presentation only), 90mins (includes practical exercises)

Delivery Option: Face-to-Face, Virtual

INTRODUCTION:

Maintaining proper hydration is essential for overall health and well-being, and this is especially important in the workplace, where long hours, busy schedules, and sugary/salty snacks can make it difficult to stay hydrated.

In this training, we will explore strategies for maintaining proper hydration in the workplace, including the importance of staying hydrated and the benefits of different types of hydration.

Topics to be covered:

- 1. Introduction to hydration:** We will provide an overview of the importance of hydration, including the role of water in the body. We will also discuss the challenges of maintaining proper hydration in the workplace, including the impact of busy schedules and a sugar/sodium-packed diet.
- 2. The importance of staying hydrated:** We will discuss the role of hydration in maintaining overall health and well-being, including the benefits of staying hydrated and the consequences of dehydration. We will also explore strategies for ensuring that you are getting enough fluids, including the use of hydration apps and monitoring your thirst.
- 3. The benefits of different types of hydration:** We will discuss the benefits of different types of hydration, including water, fruits,, and herbal teas. We will also explore strategies for incorporating these types of hydration into your daily routine, including the use of refillable water bottles and carrying hydration with you throughout the day.
- 4. Practical exercises:** We will provide a range of practical exercises to demonstrate how to prioritize hydration in the workplace. These exercises may include meal planning, recipe creation, and strategies for incorporating different types of hydration into your daily routine.

Conclusion:

By the end of the training, participants will have a comprehensive understanding of the importance of hydration and how to prioritize hydration in the face of busy schedules and a lack of access to clean water in the workplace.

They will have the opportunity to apply these principles through practical exercises, giving them the skills and knowledge to make informed and supportive choices for maintaining proper hydration in their daily lives.

