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# drink and Be Merry.

Suffering from H2O overload? Stay hydrated with these healthy water alternatives.

■ BY LINDSEY GROSSMAN

## Be sure to drink plenty of water.

Doctors, nutritionists, trainers and moms have been doling out this advice for ages. Some say eight glasses per day while others use thirst as their beverage barometer. Any way you pour it, water makes up roughly 60 percent of our bodies, and it's important to get our fair share of fluids in order to stay healthy and hydrated. But refilling your BPA-free bottle at the office cooler over and over again can get as stale as eating the same breakfast cereal. So we've searched the store aisles (and the Internet) to find refreshing options for those times when you're feeling waterlogged.



## relief pitcher.

If you want to avoid the cost and plastic of packaged infused waters, it's easy to make your own at home. Take a glass pitcher, fill it with water, slice up your favorite fruit or veggie (lemons, limes, oranges and cucumbers are all refreshing choices) and let it chill in the fridge. Just like they serve at the spa!



## high energy ■

It's hard enough to keep up the regular recommended daily liquid intake, but add in factors such as sports, altitude or pregnancy and the amount of fluids your body needs may be hard to swallow. While sports drinks such as Gatorade do the trick, they're also loaded with sugar. And unless you're training for something hardcore like a marathon or the Olympics, you probably don't need (or want) all of those extra calories.

### infused owater [OWATER.COM]

**Why we like it:** At only 35 calories per serving, it's chock full of antioxidants and replenishing electrolytes with no artificial coloring or flavors.

**Great for...** refueling after a 5-mile run or Bikram yoga sweat session.

**Favorite Flavor:** Peach Mango.

### actiVwater [ACTIVWATER.COM]

**Why we like it:** They use all natural ingredients infused with essential vitamins such as B12 and C to boost your energy and immunity levels.

**Great for...** preventing and alleviating jetlag.

**Favorite Flavor:** Blueberry Pomegranate.

## on the lighter side ■

If you're jonesing for a little extra flavor without the enhancements of an energy drink, the following refreshments jazz it up with everything from fruit to herbs. And with low (and in some cases no) calories or sugar, it's pretty much an even swap for your Sigg and a huge healthy step up from that diet soda.

### Hint [DRINKHINT.COM]

**Why we like it:** As the name implies, a slight touch of natural flavor is subtle without boring your taste buds. Plus, no calories or sweeteners means no guilt!



## chew on this.

Liquids aren't the only way to maintain fluid levels. The following fruits and veggies are filled to the rind with water.

### FRUITS

- melons (cantaloupe, watermelon, honeydew) 89-93%
- papaya 91%
- grapefruit 90%

### VEGGIES

- cucumber 96%
- red pepper 91%
- tomato 97%

Source: Rebecca Scritchfield, Registered Dietitian, Washington, D.C.



**Great for...** midday water rescue. Keep a couple of these in the office fridge to feed your thirst without feeding the vending machine.

**Favorite Flavor:** Watermelon.

### Twist Organics

[ DRINKTWIST.COM ]

**Why we like it:** Available in five unique USDA-certified organic flavor options that are so palatable, you'll forget it's good for you.

**Great for...** hydrating on-the-go in between work and working out.

**Favorite Flavor:** West Indies Lime.



### Ayala's Herbal Water

[ HERBALWATER.COM ]

**Why we like it:** Zero calories, all organic and all natural, these herbal waters aren't just doctor recommended, they're doctor created.

**Great for...** destressing. Try it as a Chardonnay substitute with your next bubble bath.

**Favorite Flavor:** It's a tie between Ginger Lemon Peel and Lavender Mint. •



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