

# THE BEAUTY BEAN

## 5 Water-Free Ways To Stay Hydrated

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Stay Hydrated Sans-Water

Listen, we all know we need to drink more water. Lots of water.

And for many of us, it's just too damn boring for us to even have a chance at successfully hitting our 8-cups per day (or gallon per day as most models do!). Sure, you could click here for some fun ways to spruce up your h20, but if even that's not cutting it, read on!

Sick of sipping on water? **Personal trainer, exercise physiologist, and certified nutritionist, Franci Cohen**, says you can skip the water without skipping out on your much-needed hydration.

### How To Hydrate, Without Water

**Celery.** This crunchy snack is full of water, rich in fiber, and packed with potassium, which helps the body retain the water.

**Cucumber.** This green vegetable has more water content than any other fruit and vegetables. Juice it or eat it whole for delicious hydration.

**Skim Milk.** It has a natural balance of sodium, carbohydrates, and protein, which helps the body retain fluid.

**Coconut Water.** There's good reason coconut water has become so popular! It not only hydrates, it's also rich in potassium and naturally sweet too.

**Watermelon Water.** It's become a recent industry favorite because of its electrolytes, salt, calcium, and magnesium, all of which are a definite plus both pre and post exercise.