

Drink your fill

Our bodies continually lose water throughout the day. With water being vital for your body to function optimally, it's important to stay hydrated. Although water-intake needs differ from person to person, an easy rule to aim for is 8x8 — drink eight-ounce glasses eight times a day. When the air is drier, such as in winter, you may need to drink even more water each day to replenish your skin so that it stays moist. You also need more when you do an activity that makes you sweat.

Be More Earth-Friendly

Using less plastic means eliminating it from the start. Choose brands that select non-plastic packaging or buy in bulk, using bags and bottles you bring from home.

