

5 TIPS TO MANAGE HYDRATION FOR GOOD VASCULAR HEALTH



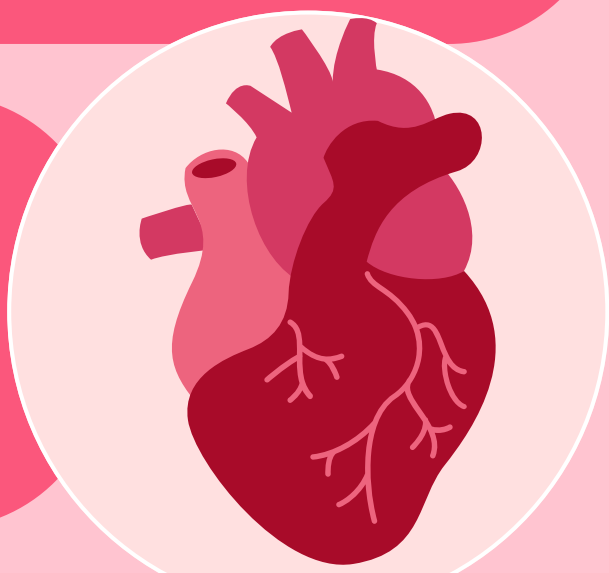
Well done!

EAT MULTIPLE SERVINGS OF FRUITS AND VEGETABLES

Eat a variety of nutritious greens that provide your body with the necessary hydration, vitamins and minerals.

DRINK 8-10 GLASSES OF WATER IN A DAY

Proper hydration maintains adequate blood volume for circulation; dehydration can raise blood pressure due to increased blood concentration.



CHIA SEED CONSUMPTION

When you consume chia seeds and water together, the chia seeds slowly dissolve the water in your system as you digest the superfood, causing you to stay hydrated for extended periods.

COCONUT WATER

Coconut water can bring down dehydration instantly.



Good Job!!

SET AND PURSUE GOALS

Have goals to achieve hydration for optimal artery health that helps in good blood pumping, flexible arteries, blood volume of ideal thickness and lesser blockage formation.

Remember, self-care is essential for maintaining your physical and mental well-being, and it's important to prioritize taking care of yourself in your daily routine.