

FROM THE EXPERTS IN ALL THINGS HYDRATION

Zip Water's Ultimate Guide to Hydration



Zip®

5 top tips for hydration in the office.

01

Ensure easy access to water across all departments

If something is hard to access – say, a packet of crisps inside a lockbox hidden at the back of a cupboard in the kitchen, which you would need a stepladder in order to reach – then we're less motivated to seek it out.

The effort involved doesn't justify the payoff. If you're trying to maximise the hydration – and therefore productivity and wellbeing – of your employees, water that takes effort can only be a bad thing.

If your office is split into several floors and water is only accessible in the ground floor kitchen, then, because they're further away, it might be that those on higher floors will be consistently less hydrated than those on the ground or first floor.

By ensuring that each department is equidistant to a water source, you're not only safeguarding against dehydration but also indicating that you're serious about the wellbeing of your workforce.



02

Offer a variety of beverages in the office

Building upon that, it's also important to offer multiple options for office workers – not just 'plain old water'.

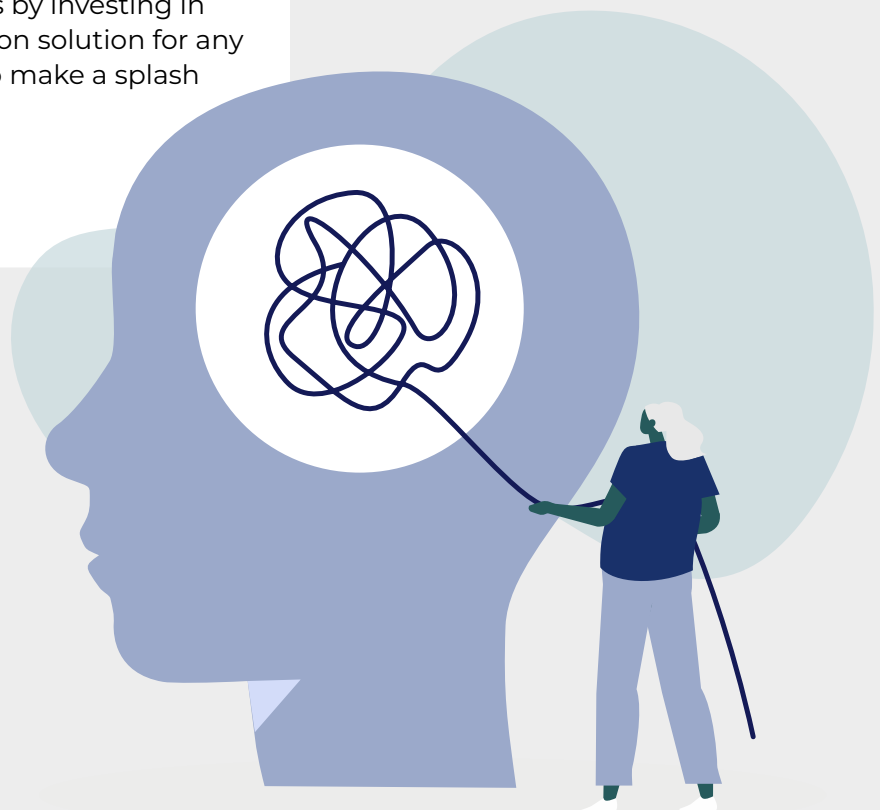
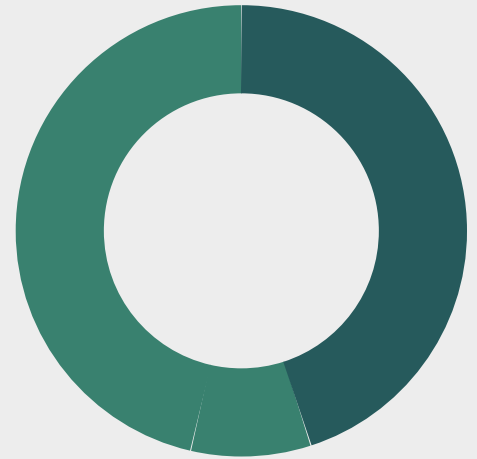
Although we think water can be a healthy, great-tasting, and refreshing drink, it can also be considered by some dull and flavourless. As a result, more people are drinking less than the recommended 8 glasses, which can have serious long-term effects.

The research agrees. One study found that, out of the 3397 individuals surveyed, approximately 7 per cent of respondents reported drinking no water daily, while nearly half said they drank less than 4 cups each day*.

The study also found that those who drank less water exhibited more unhealthy behaviours, including a lack of exercise and poor dietary choices, both of which we know can lead to obesity and negative long-term health conditions.

So what can be done? Make water fun! As we've since explained, it's not difficult to provide alternatives to water. One of the easiest ways to do so is by investing in HydroMe – the perfect all-in-one hydration solution for any workplace, and one that's guaranteed to make a splash with its touch of flavour water options.

*<https://www.cdc.gov/>





03

Promote and support mindful drinking and screen-free breaks

We've all been there. The sensation of thirst kicks in; our throat feels a bit dry; a headache is on the horizon. So it would make sense to go and get ourselves some water...

But we don't. We stay seated – the fountain is just too far away and we're tired or the project we're working on needs turning in by the end of the day and we're not even halfway through or we know the office coffee tastes like dirt.

Before we've thought too much about the ramifications of these micro-decisions that end up dictating the macro-reality of our bodily lives, dehydration begins to creep in. The report we've just handed in during a patch of brain fog has a typo on the first page...

Therefore it's good to actively encourage staff to take a break from their screens, rest their eyes for a moment, and have a dedicated period of time to sip a drink and reflect.

Incorporating mindfulness practices, whereby you drink slowly and with purpose, not only paying attention to all the bodily sensations that arise with the action but also expressing gratitude for the privilege, can also evoke feelings of peace and calm amidst our busy working lives.

By promoting this, employees won't feel like taking a break every now and then is a bad thing. Instead, it will leave them feeling more energised and, thanks to the power of mindfulness, less likely to suffer from mental health conditions such as anxiety and depression*, meaning less time off work.

*<https://www.ncbi.nlm.nih.gov>



04

Install instant filtered tap(s)

Installing one or several instant filtered taps over a font is an effective way to cover many bases when it comes to keeping your workplace well hydrated.

Depending on the model, these taps offer the convenience of filtered boiling, sparkling, and chilled water (as well as normal hot and cold) in one appliance.

As we've discussed, filtered water is considered by many individuals to be more palatable than normal, unfiltered water. Our work with the NHS has shown what a huge impact this can have on our daily water intake and, consequently, health.

On top of that, you have the added benefit of being able to offer staff accessibility to hot drinks like tea and coffee in an instant, making them more likely to take a brief break and stay on top of their hydration needs.

Sparkling water is a handy addition to be able to offer people, especially paired with a slice of lime or lemon. Yum.

By installing several taps throughout an office or workplace, you can effectively map out multiple hydration points to ensure adequate coverage and access to pure-tasting chilled water is available for all.



05

Provide new employees with a branded reusable water bottle

BYOB. It's an initialism we all know – bring your own... bottle? Why not buck the trend and tell your employees to BYOB, and more specifically, a reusable bottle to drink from in the office?

Better yet, supply each new starter with a reusable bottle that has your company's logo and name on it. That way, each time they pull it out of their bag to sip from on a busy train or café, you're not only helping employees stay hydrated outside of the office but also getting free advertising at the same time!

And not just in terms of brand recognition. When someone catches sight of the bottle, they'll also likely think: Wow, that's a really cool company to work for or with, I respect the fact that they take hydration and employee health seriously; I can see myself working for or with them in the future.

Furthermore, it's also a fantastic way to eliminate single-use plastics from your workplace, improving your company's sustainability credentials – another huge win from a branding perspective.

