HYDRATE: Summer Must-Do So You're #FitToSell

Even mild dehydration can cause a drop in your productivity. Becoming dehydrated is easier in the summer - even indoors! A common cause of dehydration in the office or workplace is air conditioning, which causes low water content in the atmosphere, leading to increased water loss from the lungs and through the skin. Here are some tips to recognize and cure dehydration in yourself or your team.



How Dehydration Affects Productivity

- [ ] 1% dehydration decreases worker productivity by 12%.
- [ ] 3-4% dehydration can bring about a 25% decline in worker productivity.
- [ ] Dehydration can increase stress levels.

Symptoms of Dehydration

- [ ] Reduced concentration and alertness
- [ ] Slower reaction times
- [ ] Headaches
- [ ] Tiredness
- [ ] Dizziness
- [ ] Thirst or dry mouth
- [ ] Cravings for sugary foods
- [ ] Poor memory

How To Stay Hydrated and #FitToSell During the Summer

- [ ] Provide free, cold bottles of water to your team throughout the day in break rooms, at meetings and stocked in the fridge.
- [ ] Install a water cooler in your home or office.
- [ ] Give all employees a reusable water bottle and encourage them to refill and drink throughout the day.
- [ ] Limit caffeine to 4 cups of coffee per day.
- [ ] Provide fresh fruit such as lemons, limes and oranges or berries to flavor fresh water and help minimize the craving for "taste."

Checkout more of my resources, tips and checklists for sales success: http://www.thesalesassassin.com

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