

8 Tips to drink more Water



1. Bring water with you when on the go. Plain water is calorie, sugar, fat, and caffeine-free and it can be cost-free too. Water is convenient. Fill and carry a reusable water bottle that you can refill to quench your thirst throughout the day. Add ice to keep the water cool. Reusable bottles are popular, easy to use, and good for the environment.
2. Start your day with a BIG glass of water.
3. Use water intake trackers or downloaded apps to help you monitor your daily fluid intake. If you have trouble drinking water throughout the day, aim to drink one or two cups of water with each meal.
4. Eat plenty of fruits and vegetables.
Soup, veg juice, jelly, sparkling or soda water, flavoured water, coffee, and tea also count as liquids.
5. Keep a large water bottle at your desk, workspace, and/or bedside. By keeping a water source, like a litre jug of water nearby, it is easy to remember to drink water when the source is visible. You can also see how much you drink in a day as the water level decreases. Use one of those litre-size motivational water bottles that encourages intake throughout the day.
6. Drink a full glass of water when you take your supps
7. Drink at least 1–2 glasses of water, during and after time spent outdoors.
8. Rehydrate after exercising, gardening, working and/or spending time outdoors doing other activities.

Drink Up!! 🍷

Hope that helps! 😊