

Text2LiveHealthy

Tips to Drink More Water

(Adapted from: Self.com, accessed date Apr.2019)

Give these ideas a try...

- ✓ Drink a glass of water after every bathroom break
- ✓ Sip before every meal
- ✓ Use an app to track your cups - [Free Water App](#)
- ✓ Choose sparkling or mineral water over soda
- ✓ Keep it cold- add ice cubes or frozen berries
- ✓ Anytime you drain your glass or bottle, fill it back up
- ✓ Drink tea without sugar
- ✓ Keep full reusable water bottles in your car, office, and sports bag
- ✓ Get some cool reusable straws
- ✓ Eat water rich foods - Add fruits and vegetables with a high water content to your grocery shopping list. Some top picks include cucumber, zucchini, watermelon, and orange.
- ✓ Reward yourself for hitting your water drinking goals

