

WAYS TO INCREASE YOUR INTAKE OF WATER

- Make drinking water part of your daily routine.
- Keep track of how much water you are drinking by keeping a diary. Set a goal that you can stick to.
- Put a sign on your refrigerator: ***Drink Water (average-8 cups a day-for adults)***
- Remember to have a glass of water as soon as you wake up and before every meal.
- Invest in a good quality water bottle and carry it with you.
- Keep your water supply convenient: keep your water bottle or glass next to your desk, in your car, and at the bedside.
- Take advantage of technology and set a reminder on your phone or computer to encourage intake throughout the day.
- Substitute soda or sugary drinks with sparkling water.
- Add lemon wedges or fruit slices to water for a refreshing, naturally fruity taste.
- Encourage all family members to get involved so that you all get into the habit of drinking together.



I find that a large glass of warm pure water with fresh lemon is a great digestive aid. I usually fill a large Mason jar with water and keep it on my kitchen counter as a reminder to take sips throughout the day.