

Tips for Drinking More Water

Welcome to week four! Now that you know how important staying hydrated is, it's time to learn some tricks for drinking more water every day. We know that drinking eight cups of water can be a bit challenging while you're at work. It can be hard to remember to reach for water regularly when you're dealing with a heavy workload and focused on other responsibilities.

The following tips include simple ways to help you drink more water throughout the day – even when you're busy at work!

Buy a fun water bottle. Purchase a fun, reusable water bottle that keeps your water cold. Keep this water bottle at your desk and take it with you whenever you have a meeting to attend. Consider buying a water bottle that has the ounces marked on it. That way it'll be easy for you to keep track of how much water you're drinking throughout the day.

Have a full glass of water with every meal. An easy way to drink more water is by drinking more of it with your meals. Whether it's breakfast or an afternoon snack, drink a full glass of water with it. Not only will this help you stay hydrated, but it will help keep you full and digest your food more easily.

Add flavor. If you're used to sipping on sugary beverages, it might be a bit more difficult for you to make the switch over to plain water. Try adding some flavor to your water to give it a tasty boost. We love adding sliced fruit – like strawberries or lemon – to sweeten up our water!

Sip on water while you wait for your coffee. Brewing up some coffee at home or in the office? Use this time to sip on a glass of water! Caffeine can dehydrate you, so drinking a glass of water before your coffee will help prevent dehydration.

Invest in a filter. If you're not a fan of the taste of tap water, it might be a good investment to purchase a water filter. You can buy a filter for your kitchen sink at home or one for a portable water bottle. Filtered water will naturally taste better than tap water, so it'll make it easier for you to drink more!

Sip over your breaks. Make it a habit to drink a full glass of water over your breaks. Whether it's a lunch break, a visit with a co-worker, or a quick break away from your desk, be sure to take some water with you!

Eat water-rich foods. You can get more water through your meals, too! Try adding some water-rich foods to your meals, or snack on them throughout the workday. Some tasty water-rich foods include:

- Watermelon (92% water)
- Spinach (91% water)
- Cucumber (96% water)
- Celery (95% water)
- Grapefruit (91% water)
- Strawberries (92% water)
- Carrots (88% water)
- Bell peppers (94% water)

