



SUNDAY MORNING Health Corner


Tips to Drink More Water


Water is essential to healthy living. **With nearly 70% of your body made of water, water helps every cell, tissue, and organ function properly, making drinking water a vital daily action step.**


Navigating through the hustle and bustle of career, family, and fun makes it's easy to forgo hydration. However, staying hydrated throughout the day doesn't have to be challenging or time-consuming! **So, here are five easy tips you can implement today to help keep you hydrated.**

 Carry a water bottle with you and refill it throughout the day. **Pro tip:** Freeze some freezer safe water bottles. Take one with you for ice-cold water all day long.

 Serve water alongside juices and soda during meals.

 Flavor it up! Add a wedge of lime or lemon to your water. This can help improve the taste and help you drink more water than you usually do.

 Choose water over sugary drinks. **Pro tip:** "Water please." Opt for water when eating out. You'll save money and reduce calories.

 Set a reminder. Try using an app or the alarm on your phone to set a reminder to finish your current glass of water and refill it every hour.



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