

TIPS to drink more water EVERYDAY

1

USE A WATER TRACKING APP

Fitness pal or Waterlogged are both great apps that you can download on your smartphone to help you keep a record of your water consumption.



2

KEEP IT WITH YOU

You can't drink it if you don't have it! Always make sure you have access to water or carry a water bottle with you at all times.



3

DRINK WATER AT EVERY MEAL

Have a glass of water with your meal for a natural way to increase your intake. And, get the extra benefit of helping with digestion.



4

ADD FLAVOR

Infuse your water with fruits or herbs such as lemon, strawberries or mint. This will spice things up and give you a great tasting beverage.



5

BUY A WATER BOTTLE YOU LOVE

Spoil yourself with a really cool water bottle that you love, as this will encourage you to use it all the time!



6

SET A GOAL

Set a specific amount to drink each day. Hold yourself accountable to that goal by rewarding yourself when you consistently meet your goal.



7

ASK FOR A WATER COOLER AT WORK

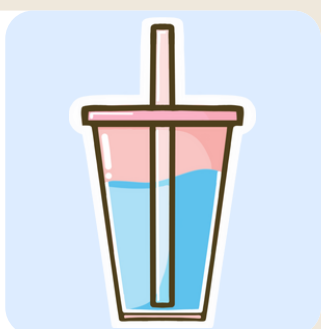
Having a water cooler in the workplace has proven time and time again to dramatically increase employees' water drinking.



8

USE A STRAW

Most people drink more when using a straw. Choose a stainless-steel, reusable straw for a more environmentally friendly option.



9

ADD SOME FIZZ

Sparkling water is an excellent alternative to soda. Use a soda maker to carbonate the water from your water cooler or filter, and add a little lemon or lime!

