



# HEALTH & HEARTH

*An herbal & wellness practice*

## 15 TIPS FOR UPPING YOUR WATER GAME

### 1. Add Flavor

Add slices of fruit to your water. Citrus, such as lemon or oranges are classic but strawberries, a sprig of mint or a bit of watermelon are also tasty choices.

Cucumber slices are divine. Soak them in water overnight.

### 2. Eat your water.

Eat fruits and vegetables with a lot of water in them. Think melons, peaches, cucumbers, celery. Eat soups or stews.

### 3. Keep track

You can buy a high tech bottle. Or pour out 2 quarts of water in the morning and leave it where you can see it. You can use an app if that helps or go old school and make a hashtag for every glass you drink.



### 4. Drink with a friend.

Take time to sit with a friend or family member to have a cup of water after school or work. Or if you're competitive challenge someone to a water drinking contest. Or turn a drinking game into throwing back shots of water. Drink every time someone texts you.

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### 5. Taking it with you?

When you're on the move, what's your best way to carry water and keep it accessible? Water bottle? Quart jar? Thermos?

Where can you keep it that it is convenient to drink from?

When or where are you going to drink from the water bottle?



### 6. Keep it interesting

Don't always drink straight water. Have some soda or tea or add a splash of different juices to the water.

### 7. Use a marked water bottle.

It might be useful to see how much you're drinking over the course of the day.

### 8. Water deadline

Instead of saying I need to drink 8 cups of water today, think I need to drink 2 cups by 10:00, 4 by lunch, 6 by 2:00....

### 9. Fill your water container up immediately after it becomes empty.

### 10. Take a tea break.



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### **11. Keep full water bottles in places you go often.**

I always have a ½ gallon thermos of water in my car. I have 2 thermoses so I can switch out the empty one easily. I have a water bottle stored next to the driver's seat that can be refilled when necessary. I don't like buying bottled water when I'm out.

### **12. Drink when your body needs water**

Drink if you're thirsty, have been out in the heat, just exercised....

What are your cues you aren't drinking enough water? Besides feeling thirsty you may have foggy brain or a headache. Some people feel tired when they're thirsty or get muscle cramps. People are all individuals so you may have other cues that let you know you're thirsty.

### **13. Drink with a straw.**

### **14. Make fun ice cubes.**

Make ice cubes from fruit juice, with a sprig of mint, with a slice of cucumber. Anything to brighten up your glass.

### **15. Milk products or milk substitutes**

If you are not lactose intolerant and if you do not get too mucousy from milk, this can be a way to add fluids. Add milk in oatmeal, kefir, smoothies. You can also use milk substitutes in place of milk. Check to be sure there isn't a lot of sugar added.