

How Often Should I Drink Water?

To feel your best:

When you're thirsty, drink water!

Hydrate throughout your day! Sip on water all day, every day.

Hydrating with cold water helps cool your body from the inside.

Have a glass of water as soon as you wake up to have more energy throughout the day.

Drinking a glass of water before and with meals can help you feel full sooner.

Tips to drink more water:

Choose water **when you eat out**. You'll save money this way too!

Add a slice of lemon or cucumber to your water for a tasty treat without added sugar.

Carry a refillable water bottle with you wherever you go. You'll drink more water and it's gentler on the environment.

Keep a jug of **cold water** in your fridge or add ice for a refreshing drink.

Try sparkling water with a splash of juice for variety.