

18 Simple ways to drink more water every day



Set a specific goal for the day.

Maybe you already drink a decent amount of water every day — or maybe you hardly drink any. Start by figuring out how much you consume now, and how much you should consume. Then zero in on real numbers: like going from four to nine glasses per day



Drink water on your nights out.

No one expects you to completely give up your other beverages. A really great tip to drink more water is to substitute every other alcoholic drink on a night out with a glass of water. This is much healthier for your body and will save you from feeling horrible the next morning.

Invest in a water bottle that you'll actually use — and keep it close.

One of the main reasons that many of us don't drink enough fluids is because we don't have water with us. Keep a bottle to hand to help you stay hydrated.



Cut juice with sparkling water.

Filter your water.

Use a water filter jug. If you live in a hard water area, your water could have a funny taste. Using a filter will purify your water, making it fresh, clear and tasty.



Swap the sugary squashes.

Fruit juices and fizzy drinks for a glass of water. Reducing your sugar level will help in weight loss, diabetic management and help maintain healthy gums.



Always keep a glass of water on your desk at work.

Take a gulp every time you look at it.

Switch things up with other H2O-based beverages.

Some like it hot. As in, hot tea. Herbal tea is a way to drink water without truly drinking water. Just avoid green and black teas: The diuretic effect will negate what you're working toward. No, coffee does not count.



Use a straw.

There is some unexplainable appeal to sipping out of a tube. Don't ask. It just works.



Spicy foods.

Garnish your meal with chili flakes or fresh peppers and you'll be reaching for more water in no time. Some studies also show that spicy food may help boost metabolism. By eating more spice and hot foods you will naturally want to drink more water.



Make a water wager with friends or work colleagues.

Create a challenge and complete with a friend or coworker.



Keep track of the amount of water you are drinking.

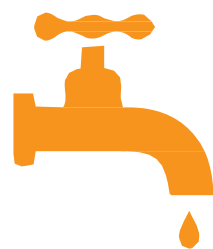
Make a tick chart and record how many glasses of water you are drinking. This will help you track how many glasses you have to go.



Freeze fruit juice and add cubes to your water.

Just adding a little something transforms that flavourless liquid into something a little zesty. Or freeze little bits of lemon and lime or your favourite fruit and use these as ice cubes in your water for a refreshing summer time treat.

Squeeze a drink into the daily routines you already have.



Hydrate with water-based foods fruit and vegetables.

Eat water-rich foods like watermelon and cucumbers.



Keep an eye out for water coolers.

Grab a quick drink when you can!



Take a glass of water to bed

Use an app to track your progress.

