Sunny Days, Healthier Days.

Tips for Drinking More Water

Have you been told to drink more water, but just don't know how to get started? Water is an important nutrient that your body needs to function day to day. Our digestive system uses water to transport nutrients and prevent constipation. Water is also used to remove waste and toxins from our body, which can help keep you healthy. Remembering to drink enough water throughout the day can be a challenge. Here are some simple tips to help you drink more water!

Find a water bottle that you like to drink from. You might want to try using a straw—this can help you drink more water. If you need a way to track how much water you drink, ask your Somatus care team for a measuring cup.

Find ways to add more sips to your day. For every bathroom break, take a sip. For every commercial break, take a sip. After reading a chapter in your favorite book, take a sip. Don't forget to take your water bottle with you when you are out and about to stay on track.

Try seltzer water instead of soda when you want something fizzy. Seltzer water is a healthier choice. Make sure to choose brands without added sodium, potassium, or phosphorus.

Add flavor to your water. You can use fresh slices of lemon, lime, cucumber, or berries. Another option is to make "fruit cubes." To do this, chop up fruits, add them to an ice cube tray with water, and freeze.

Eat more fruits and vegetables. Enjoy water-rich fruits and vegetables such as cucumbers, berries, grapes, pineapples and lettuce.

Your water needs can vary depending on your chronic health condition. Talk to your provider about your specific needs.

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