

5 TIPS

to hit your water goals

Hitting your daily water goals can be a significant challenge for many.

Staying well-hydrated is essential for overall health, skin, and energy, and it even plays a role in achieving weight loss goals.

While everyone has different hydration requirements, a good starting point is to aim for 2 litres per day (about 8 cups).

Here are five ways to increase hydration throughout the day:



1. Set a Water Schedule

Create a schedule to drink water consistently throughout the day. For example, have a glass of water when you wake up, before meals, and before bedtime. Set a goal to drink $\frac{1}{2}$ your water before 12pm. Setting reminders on your phone can be helpful.



2. Carry a Reusable Water Bottle

Invest in a reusable, BPA free water bottle that is 500ml and keep it with you at all times. Refill it 4-6 times and you know you have hit your water goal. Also having water readily available makes it more likely that you'll take sips throughout the day.



3. Infuse Your Water

Add flavor to your water by infusing it with fruits, vegetables, or herbs. Try combinations like mint and cucumber, strawberry and basil or raspberry and lemon. Infused water can make hydrating more enjoyable without adding chemicals or calories.

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Remember that individual hydration needs can vary based on factors like activity level, climate, and personal health.

Pay attention to your body's signals and adjust your water intake accordingly.

If you engage in strenuous physical activity or are in hot weather, you may need to consume more than 2 litres water per day to stay properly hydrated.



4. Eat Hydrating Foods

Incorporate foods with high water content into your diet.

Fruits like tomatoes, cucumber, and honeydew melon, as well as vegetables like spinach, mushrooms, lettuce and celery, can contribute to your daily hydration too.



5. Track Your Intake

Use a water tracking app or worksheet to monitor your daily water intake.

It can be motivating to see your progress and help you stay accountable to your hydration goals.