



Water: Essential tips you need to know to stay hydrated

Description



Introduction

Drinking water is essential for maintaining good health, as it helps to keep the body hydrated and flush out toxins.

Essential tips

Here are some tips on how to make sure you are getting enough water (hydrated) throughout the day:

Tip 1

Set a goal for how much water you want to drink each day. The general recommendation is to drink at least eight 8-ounce glasses of water per day, which is about 2 litres.

Tip 2

Keep a water bottle with you at all times. Having a water bottle with you makes it easy to take sips of water throughout the day, and you'll be more likely to hit your daily water intake goal if you have water readily available.

You might also like to read >>> [10 Most Important Tips To Staying Healthy](#)

Tip 3

Make water more appealing by adding flavour. Squeeze some fresh lemon or lime juice into your water, or add a few slices of cucumber or mint. You can also try infused water with different fruits, such as berries or citrus.

Tip 4

Drink water before, during and after meals. Drinking a glass of water before a meal can help to curb your appetite, and drinking water during a meal can help you to eat more slowly and feel more full. Drinking water after a meal can help to aid digestion.

Tip 5

Drink water when you're thirsty. This may seem obvious, but many people don't drink water when thirsty because they're busy or don't have water readily available. Make sure to drink water whenever you feel thirsty.

Tip 6

Get an app to track water intake. Many apps can track your water intake and remind you to drink water throughout the day. These apps can be helpful tools for staying on track with your water goals.

Tip 7

Use a straw. Drinking through a straw can help you consume more water in a shorter amount of time and make it more enjoyable.

You might also like to read >>> [Here Are The 6 Common GYM iPhone Apps?](#)

Tip 8

Drink water before you sleep. Drinking water before you go to bed can help to keep you hydrated throughout the night.

Conclusion

By following these tips, you can ensure you're getting enough water daily to keep your body hydrated and functioning properly. Remember to be consistent, don't hesitate to try different things and enjoy the process of staying hydrated.

Summarized video

[Click here if you want to build a website like this](#)

Category

1. Health

Tags

1. drinking water
2. hydrated
3. water

Date Created

25/01/2023

Author

titiloye123