

Health Benefits of Drinking Enough Water

And Tips On How to Get Yourself to Drink Enough Water

You probably already know that it's important to drink enough water. A minimum of eight glasses of water a day is recommended. You should aim for more if it is really hot, or you are working out and sweating a lot. Getting enough water in your body will prevent you from getting dehydrated.

According to WEBMD the early signs of dehydration are increased thirst, dry mouth, sticky saliva and reduced urine output with dark yellow urine. You may also experience a lack of energy and a headache.

None of these sound very fun. I know it is hard sometimes to drink that much water; especially when sodas and coffee tempt us. However, to stay healthy and feel great, we should strive to drink those eight glasses of water a day.

Here are a few tips to help you remember to drink the water, and to make it a little more pleasant or interesting.

1. Keep a Log

This can be as simple as a little piece of paper on the fridge, or a page in your day planner. Just make a little checkmark, or dash on the piece of paper every time you drink a glass of water. The log will help you keep track of how much water you have had in any given day. You'll also be surprised how motivating it is to try to get those eight little checkmarks on there every day. Another idea would be to use little stickers instead.

2. Add Some Lemon Juice

I tend to get bored with drinking just water after a few days. Change things up and add a little flavor by adding a teaspoon or less of lemon to your water. You can also try some other fruit juices. Just make sure you are still drinking mainly water. Just a splash of juice should be enough to make things interesting and give the water some flavor without adding a lot of sugar and calories.

3. Try Some Club Soda

If you are craving the fizz of a soda, try some Club Soda. Most brands have a little too much fizz for me. I end up watering them down with – guess what – water. If you want to get really fancy, check your local grocery store for flavored club sodas. Alternatively, you can also add a splash of fruit juice to your watered down club soda.

4. Drink Some Water When You Feel Hungry

Unfortunately many of us have gotten so out of tune with our bodies that we feel hungry when we are actually thirsty. If you feel hungry, try drinking a glass of water first. You may just be thirsty.

5. Carry A Water Bottle

It's much easier to drink water when you have it readily available. Carry a bottle of water around with you in the car, at work, while running errands, in the yard, and even while you are working around the house. You'll be sipping away the water without even noticing it.

6. Drink More If You Are Working Out

We already touched on this, but it bears repeating. Make sure you drink a few extra glasses of water if you work out, or if you spend some time outside while it's hot. Your body uses and needs more water when it sweats a lot. So don't forget to fill back up on water during and after your exercise.

Just pay attention to how much you drink and implement some of these ideas if you don't get the recommended eight glasses of water a day. Your body will thank you for it in the long run.

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