Water is liquid gold — every function of your body needs it to run properly! But you are constantly losing water throughout the day from evaporation, excretion and even breathing. So how can you make sure you get enough?

First, find out the right amount for you — this varies depending on your weight and activity, but the rule of thumb is to divide your body weight (in pounds) by two and drink that many ounces of water each day. For example, a 180-pound person should generally drink 90 ounces of water daily.

Then, make sure you actually drink the water you need! Even though water has become the second-most popular beverage in America, many people still find it hard to get enough during their busy day. These tips can help:

- Drink a glass of water when you first wake up — before coffee or any other beverage.
- Drink a glass of water with each meal.
- Carry a reusable water bottle with you everywhere.
- Fill a bottle halfway with water and freeze for it for later. This allows you to have ice-cold water throughout the day.
- Add citrus slices, mint leaves, cucumbers or your favorite fruit to your water to give it flavor.
- Set a reminder, either visual or on your phone, to help you remember to drink water.

Water is a far better choice than sodas and other sugary drinks — even diet beverages. Remember, it’s beneficial for every aspect of your health!

Still not sure why you should drink plenty of water? Consider what it does for your body:

- Relieves fatigue
- Improves mood
- Helps with headaches and migraines
- Boosts metabolism
- Aids healthy digestion
- Promotes healthy skin
- Regulates body temperature
- Flushes out toxins

IGNITING ACTION

How would consuming an adequate amount of water impact your health?

What stands out to you as your first step to increasing your water intake?

Resources: