



# How do I drink more water?

Water makes up most of your body. It helps your brain function properly, boosts your energy, protects your organs, and keeps your immune system strong.

How much water is enough?

- We need at least 8 8-ounce cups of water per day. That's 16 of the plastic cups near the water dispenser in the break room!

Tips to drink more water:



- Drink through a straw to help you consume more water. Some research suggests that straws can even make water taste better! Straws help you take smaller sips. Smaller sips let the water warm up and fill with more oxygen as it spreads to different parts of your tongue.
- Use a colorful, reusable water bottle. Try to get a glass or tin waterbottle that won't leak if you hold it upside down. This way, you can bring it anywhere.
- Add fruits or herbs to your water! Try infusing your water with lemons, limes, cucumber, mint, or even a combination of these.
- You can also eat fruits and veggies for water! Certain fruits and veggies, like peaches, grapefruit, apples, pears, tomatoes, zucchini and celery, have tons of water along with many other healthy nutrients. Snack away!
- Make habits around drinking water. Set aside a specific time each day to drink water. Drink a cup of water between patient visits or each time you get up to use the restroom.



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