



## Healthy Living Swaps

### Swap Water for Sugary Drinks

Here are six reasons why it's so important to drink enough water every day.

- 1. Maintain your body function.** Your body is composed of about 60% water. To properly function, it requires water. Functions of the body that depend on water include digestion, nutrient absorption, circulation, the creation of saliva, and maintenance of body temperature.
- 2. Help control calories.** While water doesn't have any magical effect on weight loss, if you choose water over higher calorie beverages you can reduce your calorie intake. Food with high water content requires more chewing, and it is absorbed more slowly by the body, which helps you feel full.
- 3. Energizing your muscles.** Cells that don't maintain their balance of fluids and electrolytes shrivel, which can result in muscle fatigue. Sports Medicine guidelines recommend that people drink about 17 ounces of fluid about two hours before exercise. During exercise, drink at regular intervals to replace fluids lost by sweating.
- 4. Hydration improves sleep.** Hydration plays a critical role in how well (or not) you sleep at night. Going to bed even mildly dehydrated can disrupt your sleep. Dehydration causes your mouth and nasal passages to become dry, setting you up for sleep-disruptive snoring and a parched throat and hoarseness in the morning.
- 5. Maintain kidney function.** When you're getting enough fluids, urine flows freely, is light in color and free of odor. If you chronically drink too little, you may be at higher risk for kidney stones, especially in warm climates.
- 6. Support normal bowel function.** Adequate hydration keeps things flowing along your gastrointestinal tract and prevents constipation. When you don't get enough fluid, the colon pulls water from stools to maintain hydration – and the result is constipation.



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## Nine Ways to Drink More Water Every Day

### 1. Set a specific goal for the day.

Track how much water you currently consume each day. Then set a target number to increase your water intake until you reach the goal of 8 or more 8-ounce glasses of water every day.

### 2. Invest in a water bottle that you'll use — and keep it close.

### 3. Track how much you drink.

Free apps like [Waterlogged](#), [Daily Water](#), and [Water Drink Reminder](#) (for Android users) help track, store, and analyze your water consumption.

### 4. Infuse your water

with fruits, vegetables, or herbs. Try adding berries, citrus, or lavender. You can find these and other ideas for infused water [here](#).

### 5. Guzzle a full glass at a time

during the day when you already have a routine — such as after brushing your teeth in the morning, or right before you eat lunch. Adding a drink to an existing regimen increases the chance you'll remember it.

### 6. Set up a water competition at work.

Wrangle friends or co-workers to join you in a contest to drink at least five glasses of water every day during the work week. Set up shared calendar reminders to keep everyone on track. (Feeling extra competitive? Offer a prize for the person who reaches the goal.)

### 7. Eat spicy foods along with a glass of water.

Garnish your meal with chili flakes or fresh peppers, and you'll be reaching for more water in no time. Another benefit of adding heat? Some studies show that spicy food may help [boost your metabolism](#).

### 8. If you have a sugary drink or cocktail,

add a quarter to a half-cup of sparkling water.

### 9. Have a water-based beverage

like unsweetened herbal tea.

Source: [https://www.buzzfeed.com/melissaharrison/how-to-drink-more-water?utm\\_term=.iwD7LbBw5#.wwnywmGO3](https://www.buzzfeed.com/melissaharrison/how-to-drink-more-water?utm_term=.iwD7LbBw5#.wwnywmGO3)