

7035 - Tips For Getting Your 8 Glasses of Water Daily



Sometimes drinking our eight glasses of water a day can be a real challenge. Here are some tips to help you accomplish that feat! It is said by many beauty experts that drinking your water is the cheapest, quickest way to look better! That should motivate us!

Make a bet with a co-worker to see who can drink more water in the course of a day.

Have a big glass of water at every transitional point of the day: when you first get up, just before leaving the house, when you sit down to work, etc.

When you have juice (apple, grape, or orange) fill half the glass with water.

When you have a junk-food craving, down a glass of water immediately. You feel full quickly and avoid the calories, and it lets time pass till the craving fades.

Substitute a cup of hot water with a drop of honey for tea or coffee.

Freeze little bits of peeled lemons, limes, and oranges and use them in place of ice cubes - it's refreshing and helps get in a serving or two of fruit.

After each trip to the restroom, guzzle an eight-ounce glass to replenish your system.

Don't allow yourself a diet soda until you've had two to four glasses of water. You will find that you won't want the soda anymore or that just half a can is enough.

Drink two full glasses at each meal, one before and one after. Also, drink one glass before each snack so you don't eat as much.

Carry a small refillable water bottle at all times and drink during downtime; while waiting in a bank line, sitting on the train, etc.

Drink two glasses of water immediately after waking up.

Bring a two-liter bottle of water to work and try to drink it all before you leave work. If you don't finish, drink it in traffic on the way home - it's like a race.

Always keep a bottle of water handy while watching TV, doing laundry, making dinner, etc.

Add drinking two glasses of water to your daily skincare regimen. Drink, cleanse, moisturize, etc., then drink again.

Reference: Donald S. Robertson, M.D., M. Sc

