

### **How much water is enough?**

Fortunately, the right amount of water is not difficult to calculate. *Typically, we should drink about half our body weight in ounces each day.* This amount is appropriate for most everyone, and of course, should be adjusted based on activity, your level of health and changes in the environment. Certain foods, alcohol and some beverages (including those that contain caffeine) may act as a diuretic and reduce your body's level of water. Young children and the elderly can be at a higher risk for dehydration. Remember, if you feel thirsty, you are already in the beginning stages of having a water deficit.

### **Tips on how to drink more water – try some or all to see which ones work best for you!**

- To ease the task of measuring water – set aside what you want to drink in a container then make a goal to finish it by the end of the day.
- Create a new ritual! Drink water when you first get up in the morning or at various times when you move from one part of the day to the next such as upon waking, before you leave the house, when you start work, before you eat meals, after each trip to the restroom, etc.
- Make it convenient. Keep a water bottle (stainless steel or BPA free plastic bottle) handy at all times. Know how much you need to drink and compare it to the bottle to make sure you refill it as needed.
- Use the feeling of being hungry or “craving” something as a message to have some water – wait a while to see if you are still hungry and of course, eat if appropriate.
- Add lemon to your water to improve the taste and “alkalize” the water.
- After each trip to the restroom, replenish your system with water.
- Order water at restaurants – it saves money and is good for you!

One word of caution: You'll want to keep an eye on how much water you're drinking and if your body is excessively thirsty; excessive thirst can be a symptom of a variety of health issues including diabetes.

Water IS one of our most important keys to wellness! Water, together with good nutrition, exercise and healthy ways to manage stress allows us to maintain and increase our level of health and wellness!

Do you know how well you are? The absence of illness or discomfort does not necessarily mean we are healthy and well. A Creating Wellness assessment can help identify the areas of your life that might be improved to allow you to live life with vitality and energy! Ask us about how you can create more wellness in your life!

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