

10 ways to drink more water everyday



Set a specific goal for the day.

Start by figuring out how water much you consume now, and how much you should consume. Then zero in on real numbers: like going from four to nine glasses per day.



Drink water on your nights out.

No one expects you to completely give up your other beverages. why not try switching every other alcoholic drink on a night out with a glass of water. Your liver and your wallet will thank you.



Swap the sugary squashes, fruit juices and fizzy drinks.

Switching to water will lower your sugar level, which will help in weight loss, diabetic management and maintaining healthy gums.



Hydrate with water-based foods fruit and vegetables.

Eat water-rich foods like watermelon and cucumbers. Whole or cut-up fruits are also sources of dietary fibre.



Spicy foods.

Garnish your meal with chili flakes or fresh peppers and you'll be reaching for more water in no time. Some studies also show that spicy food may help boost metabolism.



Invest in a water bottle that you'll actually use - and keep it close.

One of the main reasons that many of us don't drink enough fluids is because we don't have water with us. Keep a bottle with you.



Switch things up with other H2O-based beverages.

Some like it hot. As in, hot tea. herbal tea is a way to drink water without truly drinking water. Just avoid green and black teas: The diuretic effect will negate what you're working toward.



Keep track of the amount of water you are drinking.

Make a tick chart and record how many glasses of water you are drinking. This will help you track how many glasses you have to go.



Use a straw.

There is some unexplainable appeal to sipping out of a tube. Don't ask. It just works.



Always keep a glass of water on your desk at work.

Take a gulp every time you look at it.