

Fun ways to get the water your body needs

Using a special glass can make drinking water more fun!

- Add frozen berries and fresh herbs like mint or rosemary.
- Add lemon or lime for a twist.
- Put cold water and ice in a decorated thermos.
- Drink water with a crazy straw.
- Freeze water in fun-shaped ice cube trays. Add ice from these to your glass of water or other beverages.
- Put lemon slices in water before freezing.

