

Drink More Water

Stay hydrated to balance body fluids, keep a normal body temperature, energize muscles, transport nutrients, promote good digestion, and remove toxins.

Drink While Eating

Have a glass of water with most meals and snacks.



Flavor Your Water

Add lemon, cucumber, or berries. Or, add some natural fruit juice for a flavor boost.

Eat More Veggies & Fruit

Many vegetables and fruits are made up of mostly water.



Bring It Along

Have a bottle of water with you during activities that take you away from home.



Most adults can get enough water by drinking about 8 cups per day. When exercising or in humid weather, you should drink more.