



Water, Water Everywhere...So Why Not Take a Drink!

Submitted by Betsy Bransky

Here is a copy of an article I received from Erin Gray at Move More. At the end I have included some tips on how to get in 64 oz (which is 8 8oz glasses) each day:

“Staying well-hydrated is important even though it’s freezing outside. Extreme temperatures (like bone-chilling cold!) act more quickly to dehydrate the body, making it important to drink water even though you may not feel like it. Try to drink eight 8-ounce glasses every day, with increased amounts for added activity. If you spend lots of time outside, your need will increase. Beverages that best meet hydration needs include water, juices, milk or caffeine-free coffee or tea.

Carrying a water bottle makes it easy to remember to drink. Bottled water, in many cases, is no better than the water in your tap. It is convenient and that makes it nice for people who have trouble remembering to consume the recommended eight to 10 glasses of water they need each day. Bottled waters now contain everything from more oxygen to vitamins. But are those additions necessary? Eating a variety of foods makes it easy to consume enough vitamins. If you prefer flavored water to plain, check the label for calories per serving and added sugars. If you do not want to spend extra money on bottled water, try adding a lemon, lime, orange slices, or a small amount of fruit juice to enhance the flavor of tap water.

While drinks supply a good portion of your water needs, solid foods also provide a surprising amount. For example, (number in parentheses is the percentage of water by weight): Lettuce (95%) Watermelon (91%) Broccoli (89%) Grapefruit (89%) Carrot (88%) Apple (86%) Yogurt (85%) Rice, cooked (70%) Cheddar Cheese (37%)

Keep your body functioning normally and avoid dehydration by eating healthfully and by drinking your recommended amounts of water.”

Now for my part...I find it difficult to drink 8 8oz glasses of water every day. Here are some ideas I

have come up with to make sure I get enough water. What I do is drink my water out of a 1 qt water bottle (filled twice). I just carry it around with me and before I know it, I have drunk the whole bottle. I do add lemon and ice to the water to give it flavor and keep it cool for a longer period. I also drink a cup of hot water with lemon occasionally (this also is a great starter drink for the day as it boosts you metabolism early on and helps with digestion).

Here are some suggestions for when to drink water than are borrowed from the book, “WATER”. I keep this posted by the tap in the kitchen.

- first thing in the morning (at least 2 glasses)
- half an hour before a meal
- 2 ½ hours after a meal
- before exercising
- anytime you’re thirsty (even during a meal)

