

9 Tips for Drinking More Water



I hate to pry, but I have to ask: is your urine clear? If not, chances are, you're not drinking enough water. You have probably heard plenty about the importance of drinking water. But how much is enough for you? Simply divide your weight in pounds by 2 and that's the number of fluid ounces you need to drink for your weight. For me, it's about 5 bottles of water per day, and more if I exercise or drink alcohol or coffee. And while it's easy to buy into this advice, it's actually doing it is what's a struggle.

Here are 9 tips that will help you win the battle against dehydration:

1. Drink a glass of water as soon as you wake up in the morning. You're groggy, your mouth is dry, you need a pick-me-up. Instead of going straight for the coffee, drink a nice, cold, refreshing glass of water first.
2. Carry a water bottle with you at all times and/or keep one at your desk at work. If you have a water bottle literally at your finger tips, you might find yourself unconsciously drinking more water throughout the day.
3. Substitute ice water for soda at lunch (or dinner or any time during the day). Kill two birds with one stone – eliminate that unhealthy soda from your diet and get more water into your system.
4. When the afternoon snack attack strikes, drink a glass of water instead. You might even find that the water quells your craving.
5. Drink a glass of water 30 minutes before every meal. This is an aspirational practice for me. I find it pretty difficult to remember to do this on a regular basis. But when I do, I notice that I don't chow down as much when I sit down to eat my meal.
6. Drink water with lemon. Let's face it – water just doesn't tantalize our taste buds like other drinks do. Try squeezing lemon in your water for a little extra kick. In the interest of full disclosure, this never actually worked for me (see #9 below), but it might work for you.
7. Make it a challenge. Being the type-A Los Angelino that I am, I love to take on a good challenge. So if you're like me and love a little friendly competition, make a bet with yourself ("Self, I bet you can't drink 4 glasses of water today") see if you can beat it. You can start low and gradually increase your target.
8. Take baby steps. If you're struggling to drink even one glass of water per day, going straight for the gold on day one might leave you feeling lousy and defeated. So try to gradually increase your water consumption each day. Maybe you set a goal to drink a glass and a half today. Keep this up for, say, 5 days and then add another half a glass to the equation. And so on.
9. Form a habit. I used to hate drinking water. It just didn't appeal to me and a couple of drops of lemon juice didn't really make it any better. But, taking baby step each day, I just forced myself to do it. And slowly but surely, I grew accustomed to it and even began to enjoy it. Now drinking water constantly throughout the day comes second nature to me.