

# Drink More Water

Drinking enough water is essential to your overall health. According to the Mayo Clinic, on average, men should consume three liters (about 13 cups) of liquid a day, and women should drink 2.2 liters (about nine cups). Depending on your age, activity level, health status, location and whether you're pregnant or breastfeeding, you may need more or less.

Use the following tips to make sure you're getting enough water each day:



### **Get a fun, reusable water bottle**

Sometimes all you need to motivate you to drink more water is a large water bottle with a fun design.



### **Make drinking water part of your routine**

If you're trying to get into a habit of drinking more water, consider scheduling time in your daily schedule where you drink a full glass of water multiple times a day.



### **Track your water intake**

On many health and fitness apps, you will be able to log how many ounces of water you drink each day, which can help you determine whether you need to drink more.



### **Make it a challenge**

Challenge a friend, family member or co-worker to a challenge of drinking more water each day. You'll hold each other accountable for your water intake, which will often lead to you drinking more water.

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