

Title:

3 Ways To Drink More Water

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Summary:

After a little research it is apparent that nobody really knows where the saying that you need

Either way, the point is clear, water does wonders for your body, and your brain. Water is well

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Article Body:

After a little research it is apparent that nobody really knows where the saying that you need

Either way, the point is clear, water does wonders for your body, and your brain. Water is well

Here are 3 quick tips for taking in more water.

1. Always have water available.

I like to buy the 12 ounce bottles of water and keep them in the fridge. Whenever I go to the

Whenever I am sitting watching TV or a movie, I will keep the bottle in my hand with the lid o

2. Keep it cold.

I don't know many people who like to drink room temperature water, I sure don't. If you keep y

3. Chose water in restaurants.

Whenever I go out to eat, I always drink water with some lemon. The lemon adds a little spunk

Give water a shot and your body will be thankful!

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