

Title:

Are You Drinking Enough Water?

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601

Summary:

You probably already know that it's important to drink enough water. A minimum of eight glasses

According to WEBMD the early signs of dehydration are increased thirst, dry mouth, sticky saliva

Keywords:

Article Body:

You probably already know that it's important to drink enough water. A minimum of eight glasses

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None of these sound very fun. I know it is hard sometimes to drink that much water; especially

Here are a few tips to help you remember to drink the water, and to make it a little more pleasa

1. Keep a Log

This can be as simple as a little piece of paper on the fridge, or a page in your day planner.

2. Add Some Lemon Juice

I tend to get bored with drinking just water after a few days. Change things up and add a litt

3. Try Some Club Soda

If you are craving the fizz of a soda, try some Club Soda. Most brands have a little too much

4. Drink Some Water When You Feel Hungry

Unfortunately many of us have gotten so out of tune with our bodies that we feel hungry when w

5. Carry A Water Bottle

It's much easier to drink water when you have it readily available. Carry a bottle of water ar

6. Drink More If You Are Working Out

We already touched on this, but it bears repeating. Make sure you drink a few extra glasses of

Just pay attention to how much you drink and implement some of these ideas if you don't get th

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