

Title:

Are You Drinking Enough Water?

Word Count:

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 pleasurable

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 little

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 we

5. Carry A Water Bottle

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

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 thirsty

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