

# How to Form the Water Habit

## Tips for Drinking Water

We all know that drinking water is good for us, but even if we know why we should drink water, it is not a habit that many people form.

Water is one of the best tools for weight loss as it is a great appetite suppressant and often times when we think we're hungry, we're actually just thirsty. Drinking water every day also lowers your risk of a heart attack, boosts energy, decreases headaches and aids with digestive problems - just to name a few.

Sometimes drinking our eight glasses of water a day can be a real challenge. Here are tips to help you accomplish that feat!

1. Drink two glasses of water immediately after waking up.
2. Believe it or not, try using a straw. You can drink faster and more often from a straw and can get more water a day without thinking twice about it.
3. Make a bet with a co-worker to see who can drink more water in the course of a day.
4. Make it convenient - keep a big, plastic, insulated water bottle full on your desk and reach for it all day.
5. Have one glass every hour on the hour while at work. When the work day is done your water quota is met.
6. Substitute a cup of hot water with a drop of honey for tea or coffee.
7. Freeze little bits of peeled lemons, limes, and oranges and use them in place of ice cubes - it's refreshing and helps get in a serving or two of fruit. You can also try letting mint leaves sit in a pitcher of water overnight.
8. Don't allow yourself a diet soda until you've had two to four glasses of water. You will find that you won't want the soda anymore or that just half a can is enough.
9. Drink two full glasses at each meal, one before and one after.
10. You don't have to drink water to get water in your system. Eating water rich foods is another option. Watermelon is a great option since it is mostly water. Tomatoes also have high water content. Fruits are not the only option; a piece of lean meat has high water content.