

HEALTHY  
TIPS

## Drink Think

### Tap Into Water Every Day



**Water makes up 60-70% of your body and every body system depends on it. A lack of water can result in dehydration which can drain your energy and make you tired. Water truly is a vital nutrient!**

You and your family can develop the water drinking habit! Give these ideas a try:

- **Make water a daily choice.** Is water crowded out by other beverages you drink? Make a plan to drink water daily. Each morning, fill a reusable water bottle and drink from it throughout the day. Kids can do the same and carry in their backpack for school.
- **Dilute full strength beverages.** A way to drink extra water and still enjoy the flavor is to dilute your juice, tea and coffee with a little water.
- **Watch for water.** When at school, the office, shopping or out in the community, get in a routine of always drinking water when you pass a drinking fountain whether thirsty or not!
- **Include at each meal.** Drink a glass of water at breakfast, lunch and dinner.
- **Take water to go!** Carry bottled water in your lunch, backpack, car, when out shopping or on a walk or bike ride.
- **Lessen sugared sodas.** For every sugared soda you drink each day, substitute a bottle or glass of water instead. An amazing savings in calories and sugar!

**Once you and your family get used to choosing water more, you'll find it's the first thing you reach for to quench your thirst!**

