Are you drinking enough water?

Try these tips.

Proper hydration is necessary for good health.

Water is part of every cell, organ and fluid in our bodies. While our hydration needs can be met through other beverages and food with high water content such as fruits and vegetables, drinking water provides a calorie-free and sugar-free option.

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Try these tips to help you drink more water.

- Drink a glass of water first thing in the morning before your cup of coffee and breakfast.

- Choose water over other beverages. Remember, it's calorie-free!

- Drink a glass before you eat a meal. This habit can help you feel fuller and reduce overeating at meals.

- Alternate a glass of water between your daily coffee, tea and other beverages.

- Keep a full bottle of water on your desk, in your car and at home in the rooms where you spend most of your time.

- Add a splash of 100 percent fruit juice to your water.

- Flavor your water with fresh herbs like mint.

- Keep a pitcher of water, flavored with lemons, limes, oranges, or cucumbers, in your refrigerator.

- Drink water before, during and after exercise.

- Make ice cubes with juice or frozen fruit.

- Bring a water bottle with you while running errands.

- Ask for water while eating out at restaurants.

- Set a reminder on your phone to remind yourself to drink a glass.

- Purchase a reusable water bottle or fun cup to encourage drinking more water.

But how much do I need?

There isn't one general rule for water intake. Recommendations can change based on age, chronic conditions and activity level, so check with your doctor for the specific amount that is right for you. Although your body needs water, it is also important not to drink too much water.

For more information from the Centers for Disease Control, visit CDC.gov.

Turn to us—we can help.

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