

TIPS TO HELP YOU DRINK MORE WATER

If you are not used to drinking enough water, you may find it difficult to drink 8 cups of water a day. The trick is to slowly work toward your goals. Drinking water can be simple with a couple tricks to help you remember and work your way toward your goal. This program will help support you along your journey. Remember that it is important to start drinking plenty of water for your health and the health of your baby. The more you weigh, the more water your body requires. If you are at an unhealthy weight, you should be drinking more water to help keep yourself hydrated



HOW TO START:

1. Measure how much water you drink on an average day.
2. Keep track of how much water you drink every day.
3. Every week increase the amount of water you drink by one cup until you reach your goal.

TIPS OF THE WEEK

- Don't worry if you are not drinking enough water, it is never too late to start.
- You can reach your water drinking goals by gradually increasing the water you drink.

HERE ARE SOME EXTRA TIPS TO INCREASE YOUR WATER INTAKE:¹

- Make water accessible – Use a water bottle that you can carry around the house with you, bring to work, and keep with you in the car. Having your water bottle at arm's reach will remind you to keep drinking!
- Make water easy to remember – Set a reminder on your phone or watch that will help you to remember when you plan to finish your glass or bottle and when it is time to refill!
- Make water fun! Add slices of lemon, lime, cucumber, or watermelon, or drink sparkling

water. Visit the Recipes or Sparkling Water lessons for more tips.

- Drink water when breastfeeding. Keep water nearby when you are breastfeeding to stay hydrated.
- Drink extra water when exercising. Visit the Water and Exercise module to find out how much to drink when walking and being active.
- Bring your family on board – Encourage your family to drink more water by stocking the fridge with jugs or bottles of water. You are your baby's first teacher, so set a good example!

After increasing your water intake, you may find it annoying if you feel the urge to urinate too often. Do not be discouraged by this. Your body takes a little bit of time to adjust to the change. After a couple weeks of drinking more water, your bladder will regulate and you will not have to urinate as often. By increasing your water intake gradually, you will allow your body to slowly adjust to the change and frequent urination should not be a problem.²

RECIPE OF THE WEEK

PEACH PIE

- 6 cups of water
- 6 pitted and sliced peaches
- 2 crushed vanilla beans



Directions:

1. Add all ingredients into a large pitcher
2. Using a wooden spoon, gently mash ingredients and mix
3. For best results, let it sit in refrigerator overnight or for a couple hours before drinking

RESOURCES:

AMERICAN COUNCIL ON EXERCISE – HEALTHY HYDRATION

acefitness.org/fitfacts/pdfs/fitfacts/itemid_173.pdf

CDC – WATER: MEETING YOUR DAILY FLUID NEEDS

cdc.gov/nutrition/everyone/basics/water.html

MAYO CLINIC - WATER: HOW MUCH YOU SHOULD DRINK EVERY DAY?

mayoclinic.org/healthy-living/nutrition-and-healthy-eating/in-depth/water/art-20044256?pg=1

APPS:

TRACKER SAVVY WATER LOG

play.google.com/store/apps/details?id=com.alportela.water.widget&hl=en

WATERLOGGED (FREE):

itunes.apple.com/us/app/waterlogged-drink-more-water/id352199775?mt=8

Charts and reminders to track daily water intake.

REFERENCES:

1. Care2. 10 Ways to Increase your Daily Water Intake. Retrieved from: <http://www.care2.com/greenliving/10-ways-to-increase-your-daily-water-intake.html>
2. UW Medicine. Bladder Retaining. Retrieved from: <http://www.uwmedicine.org/services/gynecology/documents/Patient%20Ed%20Handouts/Bladder-Retraining-New.pdf>