— Take Charge of Your Health —

Drink More Water

Drinking water is crucial for your body to function properly. Failing to consume enough water can lead to dehydration, which can cause mood changes, kidney stones, constipation and overheating. The National Academies of Sciences, Engineering and Medicine recommends that women drink 11.5 cups and men consume 15.5 cups of fluids each day. However, the amount of water you need varies based on age, gender, activity level and location.

Consider the following tips to help you drink more water:

- **Track your intake.** Many health, fitness and water-tracking apps can help you understand whether you drink enough water. Numerous types of high-tech water bottles can also monitor your daily intake.
- **Keep a water bottle with you.** Carrying a reusable water bottle wherever you go will make drinking easier when you're thirsty. Also, having the bottle in different places can provide a visual cue to drink more water.
- **Choose water over other drinks.** Although sweetened, alcoholic and caffeinated beverages still hydrate you, they're often loaded with sugars. Low-calorie choices, such as plain coffee, teas, and sparkling or flavored waters, can be part of a healthy diet.
- **Serve water with meals.** Drinking water with meals may help regulate your appetite and prevent overeating. It can also help your body break down and process food.
- **Habit-stack hydration.** Healthy habit-stacking involves performing two actions simultaneously. For example, you could drink a glass of water when you wake up, have a snack or fill up your water bottle at the beginning of the workday.