



Five Reasons to Drink More Water

We've all heard that we should drink more water, but do you know why?

Here are five reasons:

1. Physical Performance

Losing just 2% of your water level can have a significant impact on physical performance.

2. Brain Function

Even mild dehydration can affect your mood, energy level, memory, and general brain performance.

3. Headaches

Being dehydrated can trigger headaches and even migraines in some people.

4. Kidney Stones

Staying hydrated can help reduce your risk of kidney stones.

5. Weight Loss

Drinking plenty of water can help you feel full and help boost the number of calories your body burns.

Tips to Help You Drink More



Make sure to include a beverage with every snack and meal.



Pick a drink you like! You're more likely to drink more if you like the taste. But do try to avoid sugary drinks when you can.



Eat fruits and veggies. About 20% of our fluid intake comes from food, and fruits and vegetables contain a lot of water.



Invest in a reusable bottle so you can always have water with you without having to pay for bottled drinks.