

Water: The Stuff of Life

Tips on Drinking More Water

Keep water handy by carrying a water bottle with you in the car and at work.

Make it a habit to drink at least one 8-oz. glass of water first thing in the morning and another at bedtime.

Put bottles of water in the freezer overnight so that you can carry them with you and have cold water available later on the next day.

Take a water bottle with you to the gym — drink before, during, and after your workout.

Make a habit of drinking water with every meal.

Try putting orange, lime or lemon slices in a pitcher of water in your refrigerator.

Use a special glass for water only, such as a glass that makes you laugh or feel elegant.

When you feel hungry, try drinking a glass of water first — you may actually be thirsty.

Keep Crystal Mountain 100% Natural Spring Water on hand. Its light, refreshing taste makes it the water you'll enjoy drinking.

