Drink Your Water

Getting enough water every day is important for your health.

Water helps your body:

Keep your temperature normal

Lubricate and cushion joints

Protect your spinal cord and other tissues

Get rid of waste

To drink more water, try these tips:

Carry a water bottle for easy access

Freeze some freezer safe water bottles. Take one with you for ice-cold water all day long.

Choose water when eating out to save money and reduce calories.

Add a wedge of lime or lemon to your water to improve the taste and help you drink more than usual.

Log your daily water consumption on the *HealthTrails* challenge. **Today is the last day to sign up at www.utlivingwell.com!**

LivingWell
make it a priority
THE UNIVERSITY of TEXAS SYSTEM