



THANK YOU TO THOSE WHO  
CONTRIBUTED TO THIS DISCUSSION

# DAILY TIPS FOR IMPROVED HYDRATION

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# DAILY TIPS FOR HYDRATION!

1

Adding cucumbers and mint or strawberries and oranges or all of the above to my water helps. Also the memory that my friend got a kidney infection from not drinking enough water was good motivation 🙄🙄 -Esther

2

If you struggle to drink water (which I'm not discouraging) I would at the very least eat an abundance of high water content fruits ie melons, berries, citrus fruits, cucumbers, bell peppers, iceberg lettuce, watercress, celery etc. You can get your water content through these fruits and veggies 🙄 I literally carry my water bottle with me EVERYWHERE and I monitor it so I know I have to refill it 3 times throughout the day to ensure I've had enough water. So I try to drink 1lt before midday. Another by 4pm then another by 9ish that's just a rough guide. It really depends on my day and what I've eaten or done but basically I carry my bottle everywhere - Samarah

3

I set goals throughout the day that by certain times during the day I would have drunk a certain amount, so maybe 500ml over a couple of hours, I'd even set alarms on my phone to remind myself 🙄 or every time you give one of the kids a drink you have to drink to, basically like you're at a pub with them and they're buying the next round haha - Gemma

4

Maybe link it in with something that you do regularly each day and every time you do that thing you have a bit of water. Having a drink bottle in an obvious spot is handy too. Tricky when you are busy with kids I'm sure! - Sophie

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5

I actually love drinking water but have heard of people marking their water bottles as a visual reminder to increase their water intake. - Tracey

6

It can be hard! I made it a habit. I wake up and have a big glass before eating (sometimes with lemon), another after breakfast. A green juice for morning tea (with about a cup of water in it), a big one before lunch and dinner, one for afternoon and some before bed. I've just gotten into the habit of having it around meal times and it adds up!!!! - Deanne

7

I have to keep it VISIBLE before my eyes!!! ... otherwise !! ?? When the kettle water has cooled (boil up lots), I set a glass n jug out in my kitchen & a fresh bottle near my car keys if I'm going out. At my typing job, I love having a glass bottle n glass in FOCUS near computer!! I like drinking from glass. + deep breathing. - Dulce

8

The [doTERRA essential oils](#) are the only thing that help me with water intake as I get bored of water otherwise. - Kresta

9

I drink a lot! I start my day with at least 2-3 glasses of water. Carrying a drink bottle around can help too as it's too heavy to carry so it's easier to just drink it all . Once you get it happening, you will go looking for it. - Erin

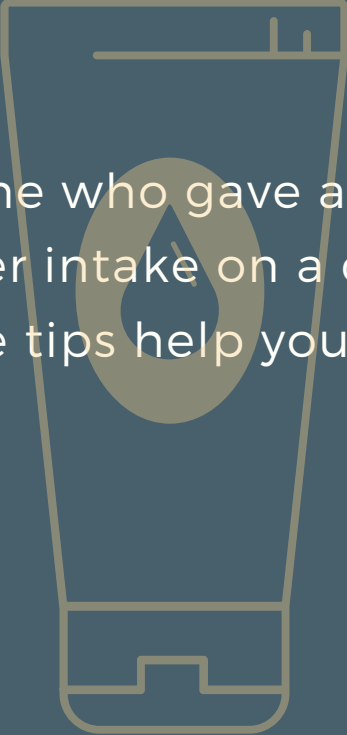
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10

If you're at home I find it easier to drink more having a big glass & a jug in the fridge to refill from (I like my water icy ) Whenever I see it I have a drink & just leave my water bottle in the fridge ready incase we go out. - Nikki

11

Easiest way for me is setting an alarm every 3 hours and when your alarm goes off you drink a full glass or 2 each time. 6, 9, 12, 3, 6, and then a glass before bed when you go. So before you know it you've nearly reached your daily intake - Elyssa



Thanks to everyone who gave advice to help me improve my water intake on a daily basis. Hope these tips help you too.

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