Drink 2 Liters of Water Per Day - Minimum

Most of us walk around semi-dehydrated and don't consciously notice it.

You are tired, a little irritable. Maybe you have a dry mouth, dry lips, or a slight headache.

These "signs" of dehydration aren't things we can put our finger on. But while they're barely noticeable to us, they have a huge impact on the quality of our lives.

Since water composes approximately 70% of our body and is crucial for every metabolic process, staying well hydrated can help us feel better, look better and *be* better.

Simple Strategies to Drink More Water

Here's how you can be sure you're drinking enough:

Fill a 1-liter (32oz) container in the morning.
It's much easier to know how much water to drink when you can actually see the fluid line going down.

Make a habit of drinking your container of water before noon, then refill it.

2 liters of water is equal to 68 ounces.

Have a big glass of water with every meal.

Start your morning with a glass of water.

Leave an empty glass on your bathroom sink so you'll see it when you wake up in the morning. Before you jump in the shower, fill the glass and drink.

Buy a nice water bottle and carry it with you.
I recommend getting a reusable steel or BPA free plastic water bottle from a company like Klean Kanteen or Nalgene instead of constantly buying plastic water bottles, which can be expensive and harmful for the environment.

Once you get your water bottle, however, you have to make sure you actually *drink* it.
If you get a 20-ounce bottle, for instance, make it your goal to drink more than three full bottles per day for a total of more than 60 ounces.

What *Not* To Drink

Avoid beverages that contain calories: pop, juices, lattes, milk, etc.

I want to point out how *fast* the calories in these beverages add up.

A glass of juice here, an afternoon latte there, and you've suddenly consumed an extra 300 calories without even thinking about it.

If you choose to drink a beverage that's not water or tea, you can *not* count that toward your 2-liter total.

Where To Start if You're Not Close

If you're having trouble wrapping your head around how to get your 2 liters in, start small and work your way up. Today, it may be as simple as removing any calorie-containing drinks from your daily routine. Opt for regular coffee (with no cream or sugar) instead of the latte.

The next step, after removing the calorie-dense beverages, would be to replace them with water.

Start by drinking four cups per day. Have a cup of water with every one of your meals and you're already there. Then, every day, find a way to get just *one more glass* in. By the end of the week, you'll be up to the full 8 cups!

Remember, you don't have to jump into this habit head first. In fact, it'll just give you a headache. Instead, find a way to take the next positive step and drink more water.

To Review

- Fill a 1-liter container (32 oz) in the morning.
- Have a big glass of water with every meal.
- Start your morning with a glass of water.
- Buy a nice water bottle and carry it with you. (And actually drink the water.)
- Work your way up from drinking 1-liter of water to 2-liters or more per day!
- If you are active and working out, 2-liters of water may not be enough. Athletes and active people need 1/2 -1 times your body weight in fluid ounces (ex. 150 pounds = 75-150 oz water/day).