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.
- 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).

To Review

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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.