

# How to Develop A Healthy Water Habit

Drinking water instead of sugary soda is a great choice for your health. Here are several ways to help you increase your water intake and reduce your consumption of sugary beverages:

1. **Carry a reusable water bottle:** Having a water bottle with you always reminds you to drink water throughout the day. Opt for a convenient and easy-to-carry bottle, making it more likely that you'll reach for it instead of soda.
2. **Infuse your water:** Add flavor to it with fruits, vegetables, or herbs. You can try combinations like cucumber and mint, lemon and ginger, or berries and basil. This adds a refreshing taste without the added sugars found in soda.
3. **Set reminders:** Use smartphone apps or alarms to remind yourself to drink water at regular intervals. By creating a routine, you'll develop a habit of drinking water throughout the day.
4. **Drink water before meals:** Make it a habit to drink a glass of water before each meal. Not only will this help increase your water intake, but it can also aid in portion control by making you feel fuller.
5. **Keep water easily accessible:** Place a water pitcher or a dispenser in your refrigerator or desk at work. When water is readily available, and within reach, you're more likely to choose it over soda.
6. **Replace soda gradually:** If you're used to consuming a lot of soda, try gradually replacing it with water. Start by substituting one serving of soda with water each day and slowly increase the amount of water as your taste preferences adjust. If you hide the soda in your pantry instead of putting it in the front of your refrigerator, you will soon forget about it.
7. **Opt for sparkling water:** If you enjoy the carbonation of soda, sparkling water can be a great alternative. Look for unsweetened sparkling water, or add a splash of natural fruit juice for a hint of flavor.
8. **Make a batch of refrigerator tea.** Add three tea bags to a pitcher of water. You can even add a little mint or diced citrus. Allow it to steep for a few hours or overnight. Now you have a ready-made, delicious drink that is ready right now!
9. **Track your intake:** Keep track of the water you drink daily. This can be done using a journal, a mobile app, or even by marking water consumption on a water bottle. Monitoring your progress can be motivating and help you stay on track.
10. **Educate yourself:** Learn about the health risks associated with sugary soda and the benefits of drinking water. Understanding the impact on your well-being can motivate you to make healthier choices.

Remember, the goal is to make drinking water a habit. It may take some time, but with persistence and these strategies, you can gradually replace sugary soda with water and enjoy the benefits of a more hydrated and healthier lifestyle.