Rec Tip of the Week

Ways to increase your water intake:

- Drink orange juice or eat fruit in the morning
- Water bottles with pop tops are easier to carry and use than twist offs.
- Get 2 water bottles, one for work & one for home.
- Keep a bottle in the car.
- Order water at restaurants instead of soda; if you want another beverage still order a water along with it.

Keep yourself hydrated in order to promote optimal health in numerous ways. Hydration is an important key in weight loss, performance, focus, and proper sleep as well as many other benefits.

(from Sparkpeople.com)