Drink Your Water

Getting enough water every day is important for your health.

Water helps your body:
- Keep your temperature normal
- Lubricate and cushion joints
- Protect your spinal cord and other tissues
- Get rid of waste

To drink more water, try these tips:
- Carry a water bottle for easy access
- Freeze some freezer safe water bottles. Take one with you for ice-cold water all day long.
- Choose water when eating out to save money and reduce calories.
- Add a wedge of lime or lemon to your water to improve the taste and help you drink more than usual.

Log your daily water consumption on the HealthTrails challenge. Today is the last day to sign up at www.utlivingwell.com!