



**YMCA HEALTHY HABITS**  
**DRINK WATER**



**#YMCA**

**#HealthyHabits**

**#DrinkWater**



**[indymca.org/healthyhabits](http://indymca.org/healthyhabits)**



## HEALTHY HABIT TIPS: DRINK WATER

- Add flavor to your water (fruit, cucumbers, mint)
- Drink a glass after every bathroom break
- Sip before, during & after each meal
- Get a “fun” bottle you enjoy carrying, especially one that marks water levels
- Take your water bottle everywhere with you!
- Dilute any sugary drinks with water & ice
- Invest in a water filter so your water tastes clean & fresh
- Choose water over soda
- Use the “pee test” – urine should be light yellow to clear, or else you need to drink more water!

