

# 5 Ways to reach your daily water



## Drink 2 cups in the morning (16 oz) and 1 cup at night (8 oz)

Many people find drinking a glass of water first thing in the morning to be the best way to wake up. It's also a great way to jumpstart your metabolism. Drink one glass (16 oz) of water when you wake up and another 8 oz glass before going to bed each night. This will add another 24 ounces of water to your daily intake. Keep a glass next to your bed to prevent you from forgetting.



## Drink 2 cups (16 oz) of water before every meal

Studies have shown that drinking 2 cups of water before each meal causes you to eat less (you'll feel fuller faster) and indirectly lose weight. If you do this with each major meal you'll automatically consume 48 ounces of water.



## Infuse your water

Water can get boring after awhile. But try infusing your water with fruit, herbs, and other flavors to take your plain old water to a new level. Check out our infused water recipes to get some ideas.



## Keep track with your container

One of the easiest ways to track your water intake is to track the number of times you fill your water bottle. Take your answer from below and divide by 25 – this is how many Elemental Water Bottles you should consume each day.



## Drink at the break

If you're still having a hard time consuming the recommended amount of water each day, then consider taking a big gulp of water at regular intervals. For example: When you're reading a book, take a drink at the end of each chapter. And if you're watching television, take a sip at the commercial. Or have fun and make your own drinking game... just exchange the alcohol with water.

## Daily Water Intake Formula

$$\text{Body Weight} \times .5 + \left( \frac{\text{\# of minutes spent working out}}{30} \times 12 \text{ ounces} \right) = \text{ounces you should consume each day}^*$$

Example:

$$200 \text{ lbs} \times .5 = 100 + \left( \frac{60 \text{ minutes spent working out}}{30} \times 12 \text{ ounces} \right) = 124 \text{ ounces}^*$$

\* Add 24-32 ounces if you are pregnant or nursing