**Don’t Wait, Hydrate!**

Working to Increase Water Intake Among College Students

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Trying to up your water intake every day is a boring and mundane task. Many college students believe that they do not have the adequate time and resources to do so. However, even swapping out your daily coffee for a glass of water can be a great start.

**Importance of Water**

Water can help to flush out toxins from the body, increase metabolism and even burn excess body fat. Drinking water also helps to regulate your body temperature and fight dehydration. Water is key to having high, healthy levels of energy.

**Why More?**

Drinking water is essential to your health. It can be thought of as a nutrient that your body needs in order to live. Drinking water helps to maintain the balance of body fluids. Our bodies are composed of about [60%](https://www.usgs.gov/special-topic/water-science-school/science/water-you-water-and-human-body?qt-science_center_objects=0#qt-science_center_objects) water so it is essential to rehydrate throughout the day to maintain our healthy bodies. Your skin also contains lots of water and proper hydration can help your skin from appearing dry and wrinkled. Being adequately hydrated will help keep your skin moisturized.

**Tips and Tricks**

It is hard to remember to drink water especially when on a tight, rigorous college schedule. Fortunately, there are a few ways to drink more water that will not flip your life upside down.

* Drink one glass of water for every cup of coffee that you consume.
* Add ice cubes to other beverages, like smoothies and juice.
* Download an app to help keep you accountable and on track.
* Carry a reusable water bottle with you wherever you go.
* Use reusable straws as they allow for more ease and accessibility when sipping.
* Break a sweat to make yourself crave water.

**Resources**

If you want to increase your water intake but are struggling to begin, check out these resources to help make the habit a little easier.

* [HydroFlasks](https://www.hydroflask.com/) have recently become one of the most sought out reusable water bottles. These bottles are vacuum insulated which means that they promise to keep your drink hot for up to six hours and cold for up to 24 hours. You also have the option to customize your bottle and select a wide mouth lid or straw lid. Try the straw lid if you are struggling to sip throughout the day.
* [Plant Nanny](https://apps.apple.com/dm/app/plant-nanny/id590216134) is an extremely fun, light-hearted and popular app that encourages you to drink more water while keeping a cute, animated plant alive. It was voted the best app of 2013 and offers a variety of plants and flowerpots to help motivate users to keep the plant alive by consistently drinking water throughout the day.
* [Gulp](https://apps.apple.com/ao/app/gulps/id979057304) is another app that encourages water intake in a more traditional, simple way. You can turn on notification settings within the app to remind you throughout the day to meet your goal water consumption. It shows what percent you have completed, throwing in some light, competitive fun.

Drinking enough water is essential to living a long, happy and healthy life. Meeting your daily intake goal will allow you to improve your overall health and feel better physically, mentally and emotionally.