

10 tips for drinking more water

1 On a sedentary day, try to drink around two litres of water.

2 Start by drinking a glass of fresh water when you get up in the morning.

3 If you are not used to drinking water regularly, try initially replacing just one of your drinks a day with fresh water, increasing your consumption as the weeks go by.

4 Ask for a glass of tap water to go with your coffee and tea in cafes.

5 Drink a glass of water before and during each meal.

6 Hot water with a piece of fruit in – like lemon, lime, orange etc. – often helps those who want a hot drink.

7 Carry a bottle filled with chilled tap water with you whenever you leave the house.

8 During exercise, drink at 10 to 15 minute intervals or think of it as a full glass every 30 minutes – drink slowly and drink early, it's physically easier to do this when you are still feeling fresh.

9 Keep a check on your urine. As a general guide to hydration, it should be plentiful, pale in colour and odourless.

10 Ask for a jug of iced tap water with your meal when in restaurants and with your alcohol when in bars – good establishments will be happy to provide this.

In conclusion...

The benefits of good hydration to protect against cancer have not been well studied and the current findings are considered to be inconclusive. More research is urgently needed in this area. The evidence that does currently exist, suggests that good hydration makes good sense as part of a healthy lifestyle. Most of us would agree that any opportunity to protect ourselves against three of the biggest cancer killers would be well worth taking.

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**All relevant medical practice and care guidance must be observed before considering these suggestions.

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www.water.org.uk
and www.waterforhealth.org.uk

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