Hey Shelly,

Just wanted to send some positive vibes and tell you about a few ideas I had that have healthy benefits. Now I know I am the over eager fitness fanatic that is always coming up with diet plans or some new age workout regimen but I have come across a few things about staying hydrated from day to day that could be quite helpful. I know from our talks that you are not a big fan of simply drinking water by itself, whether tap or filtered, you do not like how water tastes or how you feel after drinking it, which is understandable but I have a few ways to help you be open to drinking more water and staying hydrated. Being hydrated comes from not only drinking liquids but also whatever we consume throughout our day through meals and snacks. The problem is that it is difficult to get the proper water intake if you are not consciously drinking enough water and you cannot tell how much you are receiving during the day. To help with this I came up with a few options that can surely help. Since you do not like water by itself you can infuse it with fruit, which will help with the taste and provide extra nutrients. You can mark your water bottle with a sharpie, so you know how much water is being consumed at certain levels and times during the day, this can help you set goals and maintain your levels throughout the day. You can also drink seltzer water with fruit or different juices and in doing this it will not feel like you are drinking water but it will feel like you are just enjoying a healthy and delicious beverage. You can also purchase flavor infused water that will have natural tastes but not the extra sugar or sugar alternatives (see I thought of everything) so you won’t feel a sugar rush or a bloated and overly full feeling. The great thing about these suggestions is that they help clear up any issues or apprehension you have about drinking water (especially the taste) which is great because staying hydrated helps our organs work properly and keeps our skin looking great. You will get past the taste and be on your way to staying hydrated. Let’s talk soon.

-Alan