AMERICAN COLLEGE OF Lifestyle Medicine

Intentional Hydration: Make Water the Easy Choice



When we are dehydrated, our bodies often mistake thirst for hunger. Women should drink about 12 cups of water per day, while men need about 16 cups, and kids need 5-11 cups depending on their age. Instead of trying to remember to drink more, you can set up your home so you don't even have to think about it.

Put Water Everywhere

The easiest way to drink more water is to keep it within arm's reach. If it's right there, you'll sip it without even realizing it.

- Keep a water bottle or a pitcher in the places you spend the most time—like your desk, your bedside table, or the kitchen counter.
- Use a cool reusable bottle or a nice glass pitcher. If it looks good, you'll be more likely to use it.
- Drop in a slice of lemon, cucumber, or a few mint leaves. This adds a pop of color and makes plain water feel like a fancy "spa drink" instead of a chore.

Build A Tea Station

Tea is a great way to hydrate while getting healthy benefits (i.e. phytochemicals, antioxidants etc). from plants.

- Move your tea boxes out of the dark cabinet and into a basket or a tray on your counter. Seeing all the flavors makes you more likely to pick tea over unhealthy choices.
- If you have one, keep your electric kettle right next to your tea. If everything is already set up, making a cup takes less than a minute.
- Use caffeine-free herbal teas (like peppermint or chamomile) as a signal to your body that the day is ending. This is a great way to relax instead of reaching for late-night snacks.

Use a Progress Bar

Forget using a phone app to track your water. Instead, use something you can actually see in real life.

- Every morning, fill a large pitcher or a few bottles with the amount of water you want to drink that day.
- As the water level goes down, you have a physical gauge showing exactly how much you've drunk. This is way easier than trying to remember how many glasses you've had since breakfast.

DO 1-2 OF THESE NOW

- ☐ Set a water bottle at your desk and another on your nightstand.
- ☐ Move your favorite teas into a small bowl or basket on the counter.
- ☐ Fill a large pitcher of water and add a slice of fruit to make it look inviting.





The Bottom Line:
When healthy hydration options are easy to see and reach, you will naturally find yourself drinking more.

nudge to nourish

Developed through a collaborative effort by the American College of Lifestyle Medicine (ACLM) and Nudge to Nourish, in partnership with Greener by Default.