TIPS TO MAKE DRINKING WATER A HABIT

MIXED MELON REFRESHER

INGREDIENTS:
• 1 slice cantaloupe, cut into cubes
• 1 slice watermelon, cut into cubes
• 1 slice honeydew, cut into cubes
• Ice
• Water

DIRECTIONS:
• Add the ingredients to a glass jug
• Add water and chill

KIWI COCKTAIL

INGREDIENTS:
• 3-4 ripe kiwi
• Ice
• Water

DIRECTIONS:
• Peel and thinly slice the kiwi (or crush for more flavour)
• Add the kiwi slices to a glass jug
• Add the ice and water
• Refrigerate for an hour

ORANGE, STRAWBERRY & MINT FANTASY

INGREDIENTS:
• Fresh mint leaves
• A handful of sliced strawberries
• ½ an orange, sliced
• Water

DIRECTIONS:
• Place all the fruit and mint leaves into a glass jug
• Fill the glass jug with water
• Seal the jug and leave in the fridge

PINEAPPLE AND GINGER COMBO

INGREDIENTS:
• Crush a handful of pineapple pieces for a sweeter taste
• 2cm ginger, thinly sliced
• Some ice cubes
• Water

METHOD:
• Add the pineapple and ginger to a glass jug
• Fill glass jug with water and refrigerate
• Serve over ice

MORE SIMPLE IDEAS

Cucumber + Lime
Watermelon + Honeydew + Mint
Lemon + Raspberry + Rosemary
Lemon + Oranges + Cucumber
Orange + Cinnamon + Cloves
Pear + Fennel

THINK BEFORE YOU DRINK
I’LL JUST HAVE WATER...THANKS!
Water is needed by all the cells and organs in the body in order for them to function properly. Without the regular consumption of water, the body becomes dehydrated. Drinking water should be part of good, healthy living habits.

**THE BENEFITS OF WATER**

- _Helps to maintain a healthy fluid balance._
- _Helps to regulate body temperature._
- _Helps to lubricate and cushion joints._
- _Helps to control calorie intake._
- _Helps to keep skin healthy and soft._
- _Helps in food digestion and absorption._
- _Helps to remove toxins from your body._
- _Helps the body to regulate its temperature._
- _Helps the body to maintain the right pH balance._
- _Helps to control calorie intake._
- _Helps to maintain a healthy fluid balance._

**TIPS TO MAKE DRINKING WATER A HABIT**

- Start your day by drinking one or two glasses of water.
- Drink water with every meal.
- Choose water when eating out.
- Carry a bottle of water whenever you go.
- Keep water on your desk at work to remind you to drink.
- Remind yourself to drink water regularly throughout the day by placing a reminder where you can see it or by setting an alarm on your mobile phone.
- When you feel like a snack, try drinking water first.
- Place a full jug of water on the table during meals, and allow children to fill their own glass with water.
- Add fresh aromatic herbs, fruit or vegetables to water for a refreshing taste.
- Eat water-based fruit and vegetables.
- For those who suffer from certain chronic diseases, consult your doctor about your water intake.

**SOME USEFUL TIPS TO FLAVOUR WATER**

- _Lime, lemon or orange: Sliced or halved. Flavour water immediately. Remove after 4 hours and replace as the citrus peel can make water taste bitter._
- _Cucumber, kiwi and melons:_ Flavour water immediately.
- _Strawberries:_ Sliced or halved.
- _Mint or basil:_ Tear or crush leafy herbs with a wooden spoon to release their oils. Mint flavours water immediately.
- _Apples, pineapples or hard fruits:_ Slice very thinly because they take longer to release flavours.
- _Ginger root:_ Crush fibrous ginger root. Ginger needs an overnight soak in the fridge to release flavour or boil in water.
- _Cinnamon, and rosemary:_ Soak overnight in the fridge.
- _Ground or whole cloves:_ Boil in water. Drink hot or cold.

**METHOD**

- Wash herbs, fruit and vegetables thoroughly and leave with peel on.
- Add one or more of the ingredients above according to your preference.
- Cut ingredients into small pieces and add to water.
- Leave for an hour in the refrigerator to allow infusion.
- Top up with more water as required.
- Discard mixture after 24 hours.

**WHEN YOU DRINK ENOUGH WATER, YOU ARE PREVENTING THE BODY FROM DEHYDRATING**

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**BETWEEN 55% AND 75% OF THE BODY IS MADE OF WATER**

- _Water is needed by all the cells and organs in the body in order for them to function properly._
- _Without the regular consumption of water, the body becomes dehydrated._
- _Drinking water should be part of good, healthy living habits._

**DRINK WATER FREQUENTLY THROUGHOUT THE DAY**

It is recommended to drink a minimum of eight glasses of water a day, equivalent to around 2 liters of water. Drink more water:

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