

Tips for Drinking More Water

from Tennessee State Government Employees



I am using my 32-ounce water bottle that has each hour starting at 8 and tells you at the bottom to refill it! My goal is to fill it up three times a day.

Kisha Spencer
Department of Human Services



I'm a big posted note person so I put one on my refrigerator, one on my computer screen at home and work, plus a coworker and I remind each other each day to drink our water.

Loretta Marie Baltz
Department of General Services

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I have added a water reminder app to my cell phone. It sends reminders throughout the day when it is time to drink water.

LaTreec Nolan
TennCare



My plan is to set a goal to consume a specific amount of water by a specific time frame. For example, eight ounces for every work hour. By the end of my work day, I should have drunk 64 ounces.

Treena J. Holbrook, BS
Department of Intellectual & Developmental Disabilities

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I have a water bottle with reminders and encouragement about when to drink. I also have a reminder on my phone to get up to move and GET more water.

Lisa J. Reaney, BS, MEd
Department of General Services



People find flavored water easier and more enjoyable to drink. Putting a little lemon and ground ginger in your workout drink is both helpful to quench the thirst but also good for the body. Another tip is to train yourself to drink some fluids before you start your workout instead of waiting until you are thirsty.

Don Oaks
Department of Finance & Administration

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I keep a full Brita pitcher on my kitchen counter, as well as a glass of water beside it. I reach for it throughout the day.

Crystal Mallery
Department of Finance & Administration



I always have a clear bottle with ice water next to me when working. I carry it to meetings too, so it's always in my sight. Having a clear glass means I can see when it's empty and refill it. Needing to refill it regularly makes me get up from my desk more often.

Jenn Randles
Department of Finance & Administration

WORKING FOR A
HEALTHIER TN

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I try to start my morning with 16 ounces of water before I exercise or start work. I find if I start my morning off with water then I'm more likely to reach for it throughout the day.

Trena Maynard
Department of Finance & Administration



I have found the best way to get my water in each day is my 64-ounce water bottle. I fill it up each morning, and it has times and encouraging messages on it to help you get your water in. Since I acquired this water bottle, I normally get my water in each day.

Melissa Horsley
Department of Finance & Administration

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I drink water, but not nearly enough and struggle a lot more in winter with it. I got my son a new water bottle for school, and I love it so I'm gonna get me a new one. Maybe that'll help.

Amy Holmes
Department of Finance & Administration



I found that drinking cold, sparkling water helped me to build/reinforce the habit of drinking more water. Also, keeping my water bottle full and with me throughout the day.

Hilary Trenda
Department of Finance & Administration

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The following tips are from Lindsey Joe,
Working for a Healthier Tennessee Wellness
Coordinator and Registered Dietitian Nutritionist:



I'm a water lover, so for me I try to tweak my water with what I like each season. For example, in the summer I want iced water sometimes with citrus wedges, while in the winter I just like it room temp.



Adding fruit to your water is a great way to add flavor without any added sugars! Watch how easy it is to make a satisfying strawberry lemon water, and find your favorite fruit infused water flavor.