

DRINKING ENOUGH WATER - write a big note to yourself (or get a friend or loved one to do it) that you can attach to your fridge or somewhere near your sink reminding you to drink a big glass of water at least 6 times a day. Better yet, print out this little free chart (click [here](#)____) and stick it on your fridge so all you have to do is put check marks or stickers each time you drink a glass of water!

Want some more ideas? Check this out:

- 1) Add flavor to your pitcher. ...like orange or lemon slices or strawberries or cucumber slices!
- 2) Drink a glass after every bathroom break. ...yup!
- 3) Sip before or after every meal. ...so good for your digestion
- 4) Choose sparkling or mineral water over soda.
- 5) If you take a medication daily, drink a full glass of water with it

WHY IS IT IMPORTANT FOR SENIORS TO DRINK WATER:

(or any non-caffeinated beverage)

As you age, the fluid in your body lessens but your ability to sense thirst actually decreases. You might be thirsty but not feel the sense of thirst. We need fluid to carry blood to our organs. Water also regulates your body temperature and lubricates your joints. Arthritis pain can be eased by drinking plenty of water. Fluids give you energy and keep you healthy and active.

On a cautionary note, check with your Doctor or Pharmacist to make sure it's safe for you to drink the amount of water that may be commonly recommended for others. Some heart medications and diuretics (medications that take fluids out of your body) may have been prescribed for you because your body is building up excess fluid due to a heart weakness, blood pressure and circulation problems, or kidney issues. Knowing what is best for **you** will help you confidently stay on track and be safe as well.

Sounds so simple and yet so many of us, at any age, do not drink enough water. So find out what's best for you and drink up!