

# Refresh Better with Water and Rethink Your Drink



## How to Infuse

To infuse the flavors into the water, just cut the items you will use for flavoring into thin slices, or small cubes, and place them into a container filled with tap or filtered water. Let the container sit either at room temperature for up to two hours, or in the refrigerator for up to four hours, to become fully infused. After four hours, it is best to remove the fruits, vegetables, or herbs from the water. Infused water can be stored for up to three days in the refrigerator. If using room temperature water, make sure to refrigerate it after 3-4 hours so it stays fresh.

Water is vital for your health and is the best option for rethinking your drink and keeping the body hydrated. Most sodas, energy, and sports drinks contain added sugar, increasing the amount of calories in your diet. Water hydrates your cells, making your whole body work better inside and out. Ice cold or piping hot, with a slice of lemon or cucumber, in a bottle or from a drinking fountain, there are so many ways to enjoy your water and refresh better today.

Making the switch to drinking water instead of sugary beverages does not need to be flavorless. You can add fruits, vegetables, and even herbs to water to give it added flavor. The options are endless, from simply adding one fruit, or combining fruits, vegetables, and herbs together, there are countless ways to enjoy water! The naturally flavored water combination ideas below may help you lose weight, burn fat, and curb your sweet tooth.



**Tip:** If you like fizzy drinks, try using sparkling water instead of regular water.

