

*Be
Well*

WATER

DRINKING

SCHEDULE

(further)



8:00 - 9:00AM / WAKE UP

it's tempting, but coffee can wait! your body is dehydrated when you wake up, so make sure to drink one or two glasses of water to replenish your organs and get rid of toxins!

11:30AM - 12:30PM / BEFORE MEAL

drinking a glass of water about 30mins before a meal can help to burn extra fat! it could also boost your metabolism and promote better digestion and release of energy. it can also help regulate hunger and prevent overeating.

1:00 - 2:00PM / AFTER MEAL

drink some water as you eat and afterwards to help digestion, especially for food with high fiber! remember to not drink excessively to prevent bloating and indigestion.

(further)



3:00 - 4:00 PM / WORK OUT

drink before and after your workout to prevent dehydration, but remember to refrain from drinking too much water while you are exercising! if this is not your ideal workout time, still drink some water to get your body out of the midafternoon slump.

6:00 - 8:00 PM / BEFORE MEAL

help your body to absorb nutrients by intaking water again! also, if you are having a headache, water can help too!

10:00 PM - 12:00 AM / BEFORE SLEEP

get some water into your system 30mins before sleeping can help your sleep quality and even help with cardiovascular health. drink moderately so that you don't have to wake up in the middle of the night!

(further)



SOURCES:

<https://news.uark.edu/articles/33775/new-study-finds-hydration-levels-affect-cardiovascular-health>

<https://www.everydayhealth.com/healthy-living/8-best-times-drink-water/>

https://www.cdc.gov/healthyweight/healthy_eating/water-and-healthier-drinks.html