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How to incorporate more water into my diet?



Singergrl asked:

Everytime i find myself drinking something it seems to be pop or some other sugary drink. Although I drink milk and orange juice alot sometimes. Anyway I really wanna incorporate more water in my diet I just don't know how. I don't just wanna give up my sugary drinks just like that, but I do wanna start drinking more healthy drinks and maybe in awhile I'll have an even balance. Any suggestions?

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