Personal trainer Ricardo Riskalla shows us why hydration is one of the key pillars of good health

Water, water and more water! As simple as it sounds, there's a reason it's the most important element on earth - and the key to a healthy life. Now that we're heading into summer, if you want to look good, then proper hydration should be paramount.

I recommend you drink at least three litres of water per day, although that amount may change according to your daily level of physical activity. Aim for filtered water, not mineral water, due to the sodium content of the latter.

Of course, drinking water can get boring, so click through the gallery above for 10 ways to supercharge it!
1. Lemon. The old lemon drink is always number one, it helps your body to detoxify and also the taste is amazing.
2. Cayenne pepper. Ok, this one sounds strange but a few shakes of cayenne pepper in water will actually be refreshing on a very hot day and it has many health benefits.
3. Ginger. In powdered form or an actual chunk, it will transport you to somewhere exotic in Asia on the spot! It also helps with digestion.
4. Goji berries. The Chinese secret to a long life… and yes, they taste great in water.
5. Cucumber. I can’t stress enough how powerful cucumbers are! And infused in water they are so refreshing.
6. Activated charcoal. A tiny bit of this powerful detoxifier will make your water look something out of Mars, but don’t worry, it is tasteless so a bit of lemon here would be great!
7. Matcha. The Japanese secret to great health is out! Just mix it in cold water and shake it. Don’t add hot water otherwise many of the antioxidants will disappear.
8. Apple cider vinegar. Hey this one is advanced due to its horrible smell but the alkalising benefits are powerful. Add some lemon to it to take the edge off.
9. Raw cacao powder. Yes this powerful antioxidant and treat can bring Willy Wonka to your water. Just add a minimum amount so it doesn’t turn into a shake.
10. Turmeric. The bright yellow powder has amazing anti-aging properties!