



SAY YES TO WATER.

According to Harvard Health, it's vital to hydrate your body throughout the day. Dehydration is an expensive risk for your overall health. Doctor's recommend at least four to six cups of water everyday.

WHY WATER?

PROPER HYDRATION AIDS IN:

1. Carrying nutrients and oxygen to your cells
2. Flushing out bacteria
3. Digestion
4. Stabilizing blood pressure
5. Cushioning joints
6. Protecting organs and tissues
7. Regulating body temperature

