



BENEFITS OF DRINKING MORE WATER

Water helps your body and brain function better in a variety of ways.

- Improved heart health
- Weight management
- Better digestive and gut health
- Balanced fluids
- Better brainpower
- More energy
- Less headaches
- Glowing skin
- Healthy kidneys

Tips for Drinking More Water (Even When You're at Work!)

- Buy a fun water bottle
- Have a full glass of water with every meal
- Add flavor to your water (sliced fruit!)
- Sip on water while you wait for your coffee to brew
- Invest in a water filter
- Drink from a marked water bottle
- Eat water-rich foods like fruits and veggies

