

HEALTHY HYDRATION

WATER RECOMMENDATIONS

Females (19-30 yrs)

2.7L ~ 92 oz

Males (19-30 yrs)

3.7L ~ 125 oz

TIPS TO DRINK MORE WATER

Buy a reusable water bottle and bring it everywhere

Choose water at restaurants (plus it's FREE)

Set reminders in your phone that tell you to drink up every hour

Mix it up with flavored carbonated waters like seltzer or sparkling

ADDING FLAVOR TO YOUR WATER

Add a splash of juice to your water

Steep some herbs

Infuse fruit to your water

BENEFITS OF MAKING WATER YOUR DEFAULT

Thermostat

Helps keep your temperature normal

Clearer Skin

Helps flush out toxins that may cause blemishes

Muscle Fuel

Replaces water lost as you sweat

Brain Booster

Memory and concentration perform better

Sickness Fighter

Helps prevent dehydration and congestion

Kidney Functions

Process 200 quarts of blood, sift out waste, and transport urine

Productivity Boost

Helps you stay alert and refreshed

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The image features a white background with several abstract teal and light teal shapes. A large, dark teal shape is on the left, and a larger, light teal shape is on the right. The text 'HEALTHY HYDRATION' is centered across these shapes. Below the main shapes, there are several smaller, teardrop-shaped droplets in both dark and light teal colors, suggesting water or hydration.

HEALTHY HYDRATION

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YOUR DEFAULT**

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