

WATER IS LIFE!



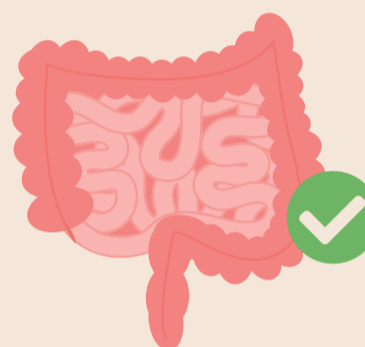
Why is water important?



Water carries oxygen and nutrients to cells, and helps maintain immune function



Water contains zero calories. It helps to increase the feeling of fullness and metabolism, thus aids in achieving a healthy weight



Water aids bowel function and helps prevent constipation



Water promotes skin health

Tips to help you drink 6 - 8 glasses of water every day



Infuse water to add flavour with:

- Fruits: Lemon, Orange, Watermelon
- Herbs: Mint, Basil, Lemongrass
- Vegetables: Cucumber

Bonus: You will get an extra boost of vitamins and minerals too!



Drink on a schedule by setting reminders. Do not wait till you feel thirsty



Always bring your own bottle when on the go



Use an app to track water intake