



WHY YOU SHOULD DRINK MORE WATER

BETTER SKIN HYDRATION

*Dehydration can lead skin to look more dry and wrinkled.

BALANCES BODY FLUIDS

*Your body is composed of 60% water. Water helps transport nutrients, create saliva, and aids in digestion.

HELPS ENERGIZE MUSCLES

*Cells that don't maintain a balance of fluids can shrivel, which can result in muscle fatigue.

FLUSHES OUT TOXINS

*Water helps the kidneys to transport waste products out of cells and out of the body.

HELPS TO CONTROL CALORIES

*Drinking water before and during a meal can help you feel more full, preventing overeating.