

Why Drink More Water?



Feel
Full



Stay
Strong



Healthier
Weight

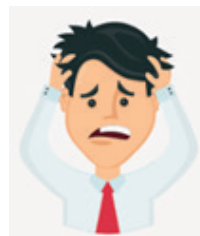
Benefits of Hydration



Stay
Focused



Healthier
Heart



Prevent
Headaches



Good
Skin

WHAT'S RECOMMENDED



4 x 500ml bottles per day
(6 - 8 glasses per day)

Drink
LITTLE
amounts
OFTEN!

