

Ways to Get More Water

1

Water is essential to life and supports good health. Beverages with lots of added "stuff" are not as hydrating and is not what your body needs.



Invest in a water filter

2

Dehydration can affect you immediately and cause head fog, fatigue, weakness, headache, dizziness, stiff and cracked skin, and dry mouth. Over time, dehydration can damage your organs.



Enjoy naturally flavored sparkling waters that provide zero calories and no artificial sweeteners



Drop in some fruit, cucumber, or mint

3

Water with electrolytes is advertised for hydration. This is necessary for people who are serious athletes or work in conditions that make them sweat.



Sip on broth or caffeine free herbal teas



Eat more water-rich fruits and vegetables

4

Water can taste different depending on the mineral content and the filtering process.



5

If you struggle to drink regular water, there are ways to improve drinking water to get water's many benefits!

Come Learn With Us!



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