STAY HYDRATED BEYOND JUST DRINKING WATER

TOP HYDRATING FOODS

TOMATOES
95% Water
Bonus: Bone Health boosting Lycopene

PINEAPPLE
87% Water
Bonus: Anti-inflammatory Bromelains

MELON
92% Water
Bonus: Eye health promoting Lycopene

CUCUMBER
97% Water
Bonus: Anti-cancer Cucurbitacins

H2 ... OH REALLY?!

4 REASONS TO DRINK MORE WATER:

MORE ENERGY
Dehydration is a major cause of fatigue and weakness. Good hydration helps maintain clear thinking and better concentration.

HEALTHY SKIN
Water hydrated your skin, decreases the Appearance of wrinkles, and helps flush toxins from your body.

WEIGHT LOSS
Staying hydrated increases metabolism, allowing you to burn more fat.

YOUR BODY NEEDS IT
Water regulates body temperature, removes waste, protects joints, and helps nutrients to travel to your organs.

TIPS FOR HYDRATION ON THE GO

1. Drink on a schedule, not just when you are thirsty
2. Make plain water more flavorful with fresh fruit or herbs such as Cucumber Mint or Lemon Lime