

RETHINK YOUR DRINK

Hydrate

Your body relies on water to function properly because:

- Muscles are 75% WATER
- The brain is 75% WATER
- Blood is 92% WATER
- Bones are 22% WATER

Being adequately hydrated helps you:



- **Stay sharp.** One of the main causes of headaches is dehydration.



- **Reduce appetite.** Drinking water helps suppress hunger.



- **Detoxify.** Drink plenty of water to sweat out toxins during workouts.



- **Keep your skin healthy.** Drinking water reduces breakouts and blemishes.



- **Be happy.** Dehydration can make you irritable and grumpy.



- **Increase energy.** Dehydration can make you feel sluggish and unproductive.



- **Reduce risk** of developing certain cancers.



- **Balance body fluids.** 60% of your body is water, it makes all body systems work.



- **Save money.** Drink water instead of other beverages at restaurants. Carry a refillable water bottle.



- **Think hard.** Your brain is mainly water, stay hydrated for it to function properly. Even slight dehydration can decrease cognitive function.



- **Reduce hangover.** Alternate alcoholic drinks and water to avoid negative effects.

