

# DRINK WATER . STAY HYDRATED . BE HEALTHY

**75%**  
of Human Body is  
Water



**8** Glasses per day or  
**1** Glass per 20 lbs  
(9 kg) of body weight

## Benefits of Drinking Enough Water

**Better  
Mood**



**Healthy  
Heart**



**Brain  
Boost**



**Toxins  
Remover**



**Clear  
Skin**



**Muscle  
Gain**



**Joints  
Greaser**



**Weight  
Loss**

