

# It's WATER COOLER WEDNESDAY!!!

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Are you staying hydrated?!?!

Were you aware of how much water your body requires?

Something to think about!

## HYDRATE! HYDRATE! HYDRATE!

### WHAT IT DOES TO YOUR BODY



1. You'll digest your food better.
2. It will help you stay focused and concentrated.
3. It helps your kidneys flush out toxins.
4. It will prevent you from being dehydrated.
5. It helps you burn fat
6. It prevents constipation
7. It decreases fatigue
8. It carries Oxygen to cells
9. It will help you feel fuller and you will loose weight.
10. It can help prevent headaches.

### 10 Reasons to Drink More Water

### HOW MUCH DO YOU REALLY NEED?



Your Weight (lbs) → Divide by 2 → = Number of Ounces

8 ounces = 1  160 lb woman = 10 

sources: <http://www.cdc.gov/healthywater/drinking/nutrition/>  
<http://www.webmd.com/diet/6-reasons-to-drink-water>

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