Benefits of drinking water:
• Helps control calories
• Helps energize muscles
• Helps to keep skin looking good

Tips for drinking more:
• Have a beverage with every snack and meal.
• Eat more fruits and vegetables. Their high water content will add to your hydration.
• Keep a bottle of water with you in your car, at your desk, or in your bag.

*These are general hydration recommendations. Please talk to your primary care doctor about your personal hydration goals.*