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MON. Oct. 17								
TUES. Oct. 18								
WED. Oct. 19								
THURS. Oct. 20								
FRIDAY Oct. 21								
MON. Oct. 24								
TUES. Oct. 25								
WED. Oct. 26								
THURS. Oct. 27								
FRIDAY Oct. 28								

Name: _____

Email: _____

Post this near your desk and cross off your water intake for two weeks, for brighter skin, fewer wrinkles and better digestion. See back for more healthy benefits in keeping yourself hydrated!

Drink yourself healthy

By changing only a small detail of your daily routine you can eliminate numerous problems:
the key is water.

Water does our bodies good in many ways:

- You'll have clearer skin
Toxins that lead to infections and pimples will be flushed out of the body
- You're more awake
Forget coffee—the main reason for frequent tiredness is dehydration
- You'll lose weight
Drink at least a glass of water before meals to reduce hunger
- You'll have fewer wrinkles
Dehydrated skin leads to wrinkles that visibly disappear through good water balance
- Your liver functions better
It cleans the blood and performs this function much better when the body gets enough fluids
- You'll have less muscle pain
Often muscle and joint pain is a result of consuming too little water
- Your memory is better
If the brain cells get enough water, they work more quickly and efficiently; you think more clearly and concentrate better
- Your digestion is better
A healthy water balance keeps the digestive system in consistent momentum
- Your immune defenses are strengthened
When your body is adequately cared for with fluids, your immune system functions better
- You're in a better mood
Often a lack of water in your brain and body cells responsible for headaches and grumpiness