

7 Reasons to Drink More Water



RECOMMENDED: HALF YOUR BODY WEIGHT IN OUNCES

Hydration 101

1

Our cells are mostly made up of water. When you are hydrated, your cells are full and plump therefore helping to prevent wrinkles and keeping your skin looking young and healthy.

Adequate hydration has been shown to help with weight loss and maintenance.

2

TIP: Calculate how many ounces you need and figure out how many water bottles you should need in a day.

Improves brain function which can benefit cognition and mood.

3

Your achey joints will feel better. Hydration lubricates the joints and helps to reduce inflammation. Once you start hydrating you will be feeling brand new!

4

5

Drinking enough

decreases bloating by improving digestion, reducing water retention, and flushes digestive waste.

H2O will

help your energy levels increase and your sleep improve.

6

TIP: Fill your water first thing in the morning and set an alarm for when you need to drink it by. Then, fill it again!

Your sugar and processed foods cravings will decrease and your desire to eat better foods will increase.

7

Reminder: Consistency is Key

You might not see these benefits right away. Start by increasing your water intake slowly day by day, and stick with it! It will all pay off when you feel light, glowy, and full of energy!