## **BENEFITS OF DRINKING WATER**

 Delivers oxygen throughout the body
Regulates body temperature

Boosts performance during exercise

4. Boosts skin health

## 5. Forms saliva and mucus

**IL Human Performance Project** 



While there isn't a perfect formula for everyone, it's suggested to drink half of your body weight in ounces a day! Be mindful of how your body is feeling and the color of your urine to determine your water needs and intake!

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