

BENEFITS OF DRINKING WATER



- 1. Delivers oxygen throughout the body**
- 2. Regulates body temperature**
- 3. Boosts performance during exercise**
- 4. Boosts skin health**
- 5. Forms saliva and mucus**



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!