## STEPHEN GLOVER

STAFFORD SPORTS AND PERFORMANCE ACADEMY

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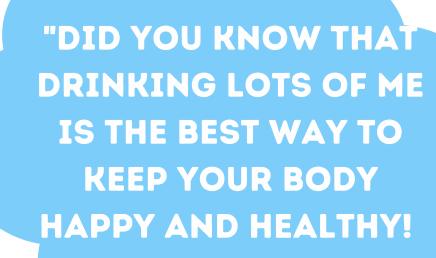
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## WONDERFUL

## WATER

## OUR BODIES ARE MADE FROM WATER 3/4 OF YOU IS WATER AND YOU NEED TO BE TOPPED UP!



SAY NO TO
DRINKS WITH
CHEMICAL
SWEETENERS!





YOU NEED WATER FOR HEALTHY EYES, SKIN.

DIGESTION, AND ENERGY! IT ALSO HELPS YOU CONCENTRATE AND LEARN

THESE CHEMICALS TRICK YOUR BRAIN INTO THINKING YOUR BODY HAS HAD SOME SUGAR AND THEY ALSO HURT YOUR FRIENDLY GUT BACTERIA.

DRINK AND CHECK THE
LABEL. CAN YOU SEE
SACCHARIN, SUCRALOSE,

ACESULFAME OR ASPARTAME?

IT'S BETTER TO DRINK JUST WATER, OR WATER WITH A LITTLE BIT OF PURE JUICE. YOUR BODY WILL THANK YOU!

