




# WONDERFUL WATER

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



"DID YOU KNOW THAT  
DRINKING LOTS OF ME  
IS THE BEST WAY TO  
KEEP YOUR BODY  
HAPPY AND HEALTHY!"



**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.

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

