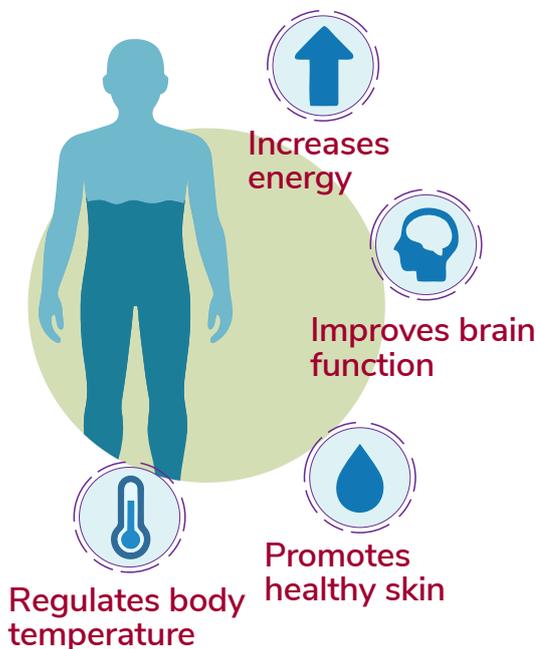


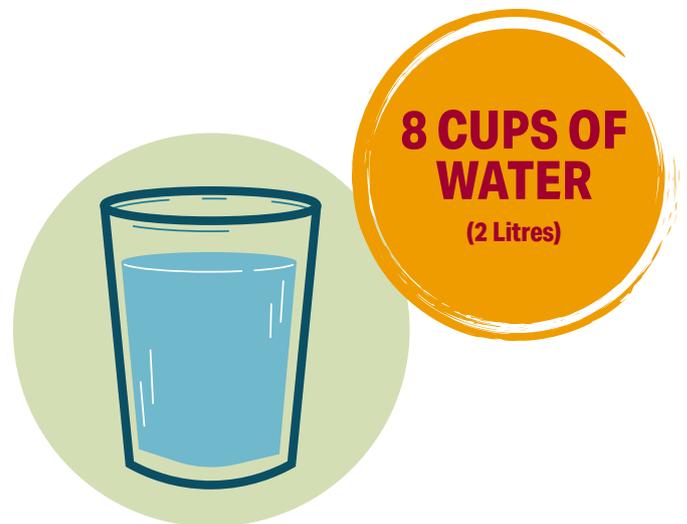
# Do you drink enough water?

Water is vital for a **HEALTHY AND FUNCTIONING BODY**

## HYDRATION BENEFITS



## DAILY WATER INTAKE GUIDE



## Tips for increasing your water intake



Keep a water bottle or glass nearby

Drink before, during and after exercise



Eat high water content fruits and vegetables



Notice when you feel thirsty



Check the colour of your urine

**Note:** You know you're hydrated enough if your urine is clear or light yellow, you rarely feel thirsty, and your body feels energetic.