

# Stay Hydrated

KEEP JOINTS  
LUBRICATED

DELIVER  
NUTRIENTS TO  
CELLS

PREVENT  
INFECTIONS

TO REGULATE BODY  
TEMPERATURE

KEEP ORGANS  
FUNCTIONING  
PROPERLY

HELPS TO  
IMPROVE SLEEP  
QUALITY, COGNITION  
AND MOOD

H<sub>2</sub>O

DRINK  
MORE  
WATER