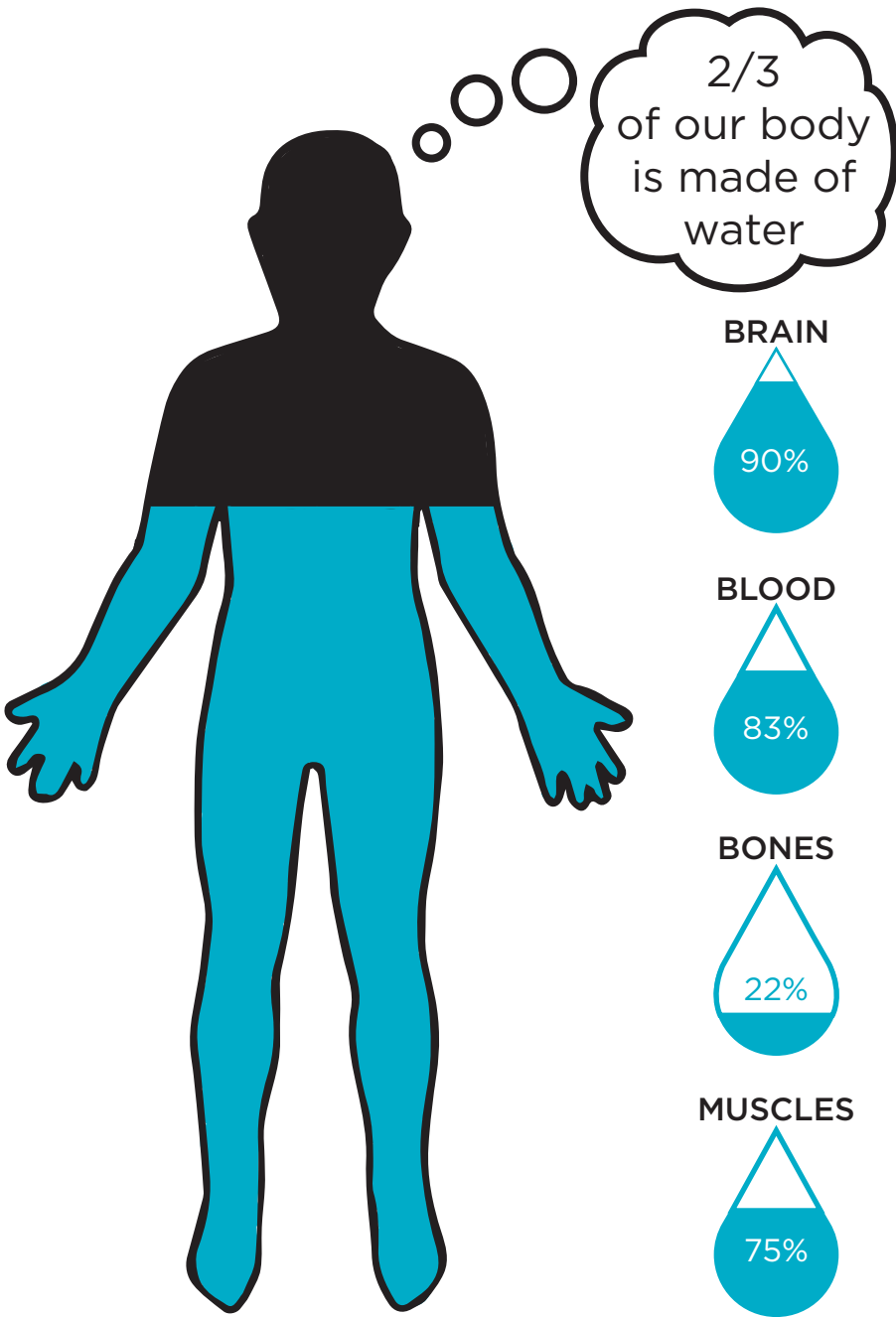


DRINK WATER!



How much water do you need?

Males need 13 cups per day.



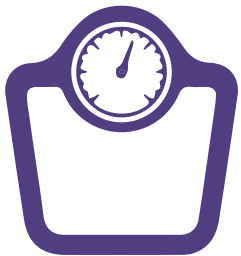
Females need 9 cups per day.



While you get some of this water from your food and through chemical reactions in your cells, you still need to drink about 8 cups of water per day.

Benefits of drinking water

Water has many benefits including contributing to your overall health! Be sure to drink plenty of water daily.



Lose weight



Increase mood



Feel healthy



Increase productivity

Dehydration

Dehydration is when your body uses more water or fluids than it takes in. Dehydration can lead to headaches, irregular blood pressure, muscle cramps and tiredness.

Symptoms



Dark urine



Dry skin



Thirst & Hunger



Fatigue

Effects



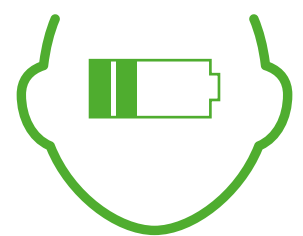
Headaches



Irregular blood pressure



Muscle cramps



Tiredness