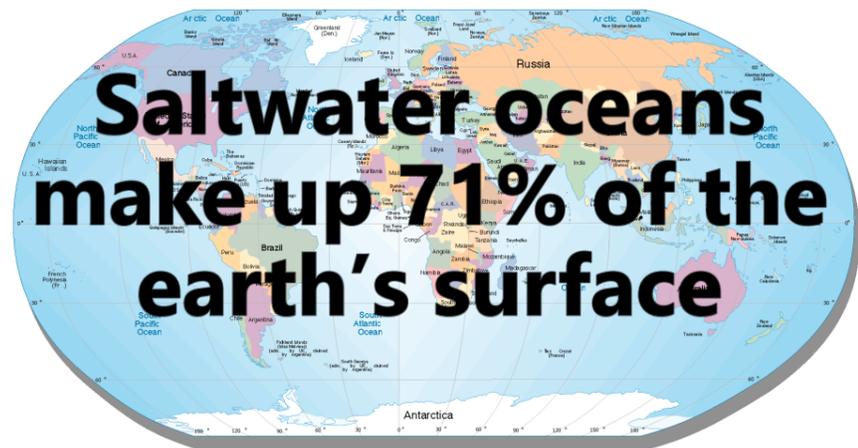


Water, water, everywhere ...



Water is the healthiest choice for quenching your thirst at any time. It has no calories and contains no sugars that can damage teeth



Adults should drink 8 - 10 cups of water everyday

Drink more when it is hot or if you are exercising, playing sport or dancing

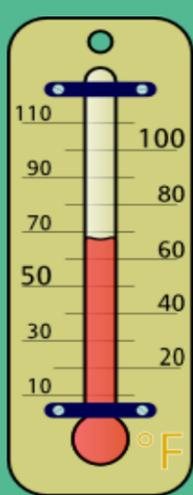


Water keeps all your body functions working



Fruit juices, fruits and vegetables are sources of water

Water makes up 3/4 of your body weight



Water keeps your temperature stable

Water flushes out waste from our bodies



Water tastes even better cold ... keep some in the fridge.



Water helps food digestion

