

# IMPORTANCE OF WATER



## HOW TO STAY HYDRATED



KEEP A BOTTLE OF WATER WITH YOU THROUGHOUT THE DAY



IF YOU DON'T LIKE THE TASTE OF PLAIN WATER, ADD SOME FLAVOR WITH FRUIT YOU LIKE, E.G. A SLICE OF LEMON OR ORANGE



EAT HYDRATING FOODS LIKE WATERMELON, CUCUMBERS, OR COUNTRY MORE OFTEN



DRINK ON A SCHEDULE IF YOU HAVE TROUBLE REMEMBERING TO DRINK REGULARLY



DRINK WATER BEFORE, DURING, AND AFTER A WORKOUT. STAYING HYDRATED DURING EXERCISE IS VERY IMPORTANT



BALANCE OUT EACH DRINK OF ALCOHOL WITH A GLASS OF WATER

## BENEFITS FOR HEALTH



IMPROVE YOUR PHYSICAL PERFORMANCE



INCREASE ENERGY LEVELS AND RELIEVE FATIGUE



IMPROVE YOUR COGNITIVE PERFORMANCE, BOOST YOUR BRAINPOWER



IMPROVE YOUR COMPLEXION



HELP YOUR BONES GROW



BETTER MOOD

## Name 3 Important Needs For Water

**L Darling-Hammond**



**Name 3 Important Needs For Water:**

## Whispering the Techniques of Language: An Emotional Quest through **Name 3 Important Needs For Water**

In a digitally-driven world where displays reign great and immediate communication drowns out the subtleties of language, the profound secrets and mental nuances hidden within words frequently go unheard. Yet, located within the pages of **Name 3 Important Needs For Water** a charming fictional value sporting with raw feelings, lies a fantastic quest waiting to be undertaken. Composed by an experienced wordsmith, this marvelous opus invites viewers on an introspective journey, delicately unraveling the veiled truths and profound impact resonating within the very material of each word. Within the mental depths with this touching review, we will embark upon a heartfelt exploration of the book's primary themes, dissect their fascinating publishing design, and yield to the strong resonance it evokes strong within the recesses of readers' hearts.

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