

# H<sub>2</sub> ... OH REALLY?!

## STAY HYDRATED BEYOND JUST DRINKING WATER TOP HYDRATING FOODS



**TOMATOES**

95% Water

Bonus:  
Bone Health  
boosting Lycopene



**PINEAPPLE**

87% Water

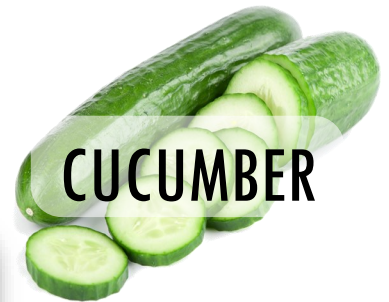
Bonus:  
Anti-inflammatory  
Bromelains



**MELON**

92% Water

Bonus: Eye health  
promoting  
Lycopene



**CUCUMBER**

97% Water

Bonus:  
Anti-cancer  
Cucurbitacins

### 4 REASONS TO DRINK MORE WATER:

#### MORE ENERGY

Dehydration is a major cause of fatigue and weakness. Good hydration helps maintain clear thinking and better concentration

#### HEALTHY SKIN

Water hydrated your skin, decreases the Appearance of wrinkles, and helps flush toxins from your body

#### WEIGHT LOSS

Staying hydrated increases metabolism, allowing you to burn more fat.

#### YOUR BODY NEEDS IT

Water regulates body temperature, removes waste, protects joints, and helps nutrients to travel to your organs

### TIPS FOR HYDRATION ON THE GO

1. Drink on a schedule, not just when you are thirsty
2. Make plain water more flavorful with fresh fruit or herbs such as Cucumber Mint or Lemon Lime

