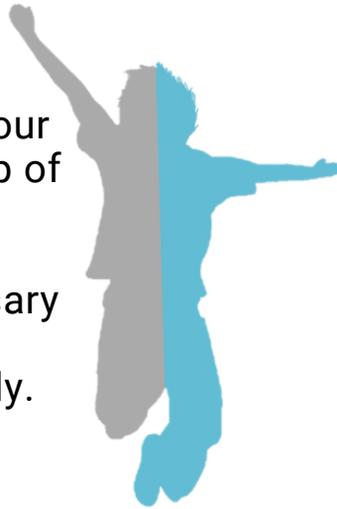


# Water is the best choice!

When I'm thirsty, I drink water!

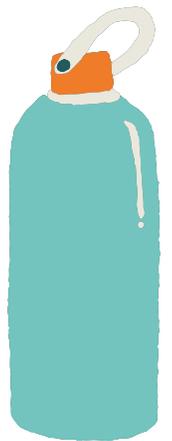
## Did you know that?

- More than half our body is made up of water.
- Water is necessary for the body to function properly.



## Choose a reusable bottle

- Rinse it every day.
- Wash it with soap and water at least once a week.



Add fruit (fresh or frozen), vegetables or fresh herbs for flavor:



Cinnamon



Apple



Kiwi



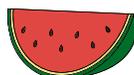
Strawberry



Mint



Cucumber



Melon



Bleuberry

