



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELLO HYDRATION

Please help yourself to the fruit-infused water.

10 Reasons You Should Drink More Water

1. Keeps you Hydrated
2. Supports Healthy Skin
3. Increases Energy & Relieves Fatigue
4. Aids Digestion
5. Boosts Immune System
6. Natural Headache Remedy
7. Supports Weight Loss
8. Lubricates & Cushions Joints
9. Maximizes Physical Performance
10. Aids in Flushing the Body of Toxins

