

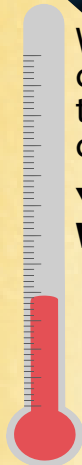
WEEK 1: THE BENEFITS OF H²O

REGULATES BODY TEMPERATURE

Water stored in skin's middle layers comes to the surface as sweat when the body heats up. As it evaporates, it cools the body.

YOUR BODY NEEDS MORE WATER WHEN YOU ARE:

- ★ In Hot Climates
- ★ More Physically Active
- ★ Running A Fever
- ★ Having Diarrhea or Vomiting



IMPROVES BRAIN FUNCTION

Water helps expand blood vessels and supplies oxygen to the brain.

Proper hydration can help energy, memory, and cognitive abilities improve.

Water helps the heart pump blood through the blood vessels to the muscles.

SUPPORTS WEIGHTLOSS

Water can support weight loss. Drinking 8 glasses, or 64 ounces of water daily can help boost metabolism while helping to minimize hunger and calorie intake.



PREVENTS KIDNEY DAMAGE

The kidneys work to regulate fluid in the body.



Water helps dissolve minerals and nutrients, making them more accessible to the body while also helping to remove waste products.

ADULTS ARE
60%
WATER

BLOOD IS
90%
WATER



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