



# BASICS on FLUID & WATER

You need lots of fluid every day, especially in hot weather. Fluids come from foods like fruits, vegetables, meats, milk, and beverages.

## The BEST Beverage is WATER!

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### Reasons why WATER is the BEST Fluid

Prevents Overeating & Helps with Weight Loss



Helps with Digestion



Prevents Dehydration without CALORIES



Water is FREE



The Body is made up of 70% Water



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### Reasons Why Your Body Needs Fluids

Maintain Blood Pressure



Helps Remove Waste from the Body



Helps Kidneys Work at Their Best



Balance Body Temperature



Supports Healthy Skin & Joints

