

# Water YOU DRINKING?

GO WITH HEALTHY, HYDRATING H2O!

## INFUSED WATER

There are lots of ways to liven up your water! Add fresh or frozen fruits, herbs or even just some crushed ice. Or, make a splash with mouthwatering water recipes like Blueberry Orange Water, Strawberry Basil Water or Apple Cinnamon Water. Find the recipes at [ShapeYourFutureOK.com](http://ShapeYourFutureOK.com)!

## HOW MUCH WATER *do you* NEED?

Water intake recommendations vary with age and gender, as well as other factors like health and activity levels. Visit [ShapeYourFutureOK.com](http://ShapeYourFutureOK.com) to see how much water you should be drinking each day! When you reach for a drink, water is always the healthy choice.

## Nutrition Facts

Serving Size: 1 tall glass

Packets of  
**Sugar** **0**

**0 Total Sugar** (grams)

Helps you maintain a healthy weight

Helps with digestion

Keeps you hydrated

Prevents headaches and fatigue

Improves concentration

Improves joint and kidney health

Helps boost energy levels

Helps uplift moods

Not only is water the best way to quench your thirst, it has zero sugar, helping you maintain a healthy weight! You can make it an easier option at home by placing ready-to-go containers of cold water in the fridge.

**RETHINK** *your* **DRINK**

 [ShapeYourFutureOK.com](http://ShapeYourFutureOK.com)

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