

Your body needs **8 cups\*** or more of water each day

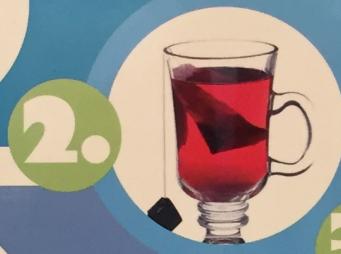
Drink water  
any way you like!

# 10 ways

# to drink water



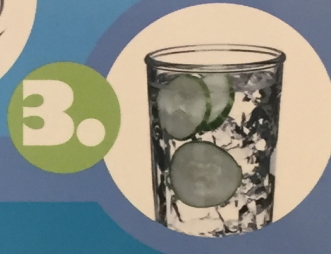
Top with lemon



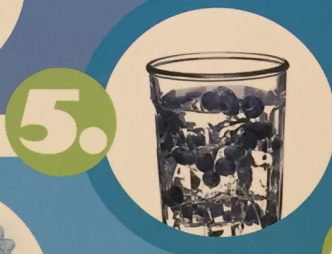
Brew up a cup of herbal tea



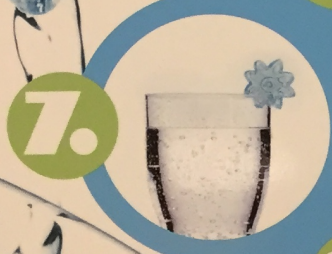
Add pineapple



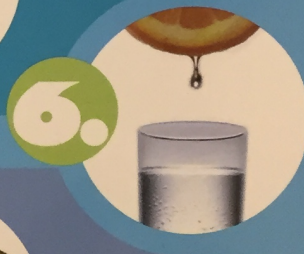
Drop in fresh cucumber slices



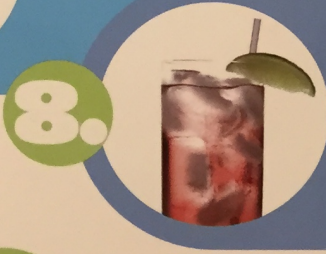
Float some blueberries



Carbonated



Squeeze in some orange juice



Splash in cranberry juice



Drink it pure!



Add calorie-free raspberry syrup to crushed ice

\* Drink water throughout the day rather than all at once. Drink more water when you exercise and if the weather is hot. Some of the daily water needed can come from food and beverages other than water.