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

Drink water any way you like!

10 ways to drink water:

1. Top with lemon
2. Brew up a cup of herbal tea
3. Drop in fresh cucumber slices
4. Add pineapple
5. Float some blueberries
6. Squeeze in some orange juice
7. Carbonated
8. Splash in cranberry juice
9. Add calorie-free raspberry syrup to crushed ice
10. Drink it pure!

* 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.