

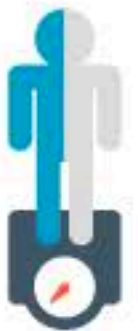
Stay Active MIAMI



JULY is HYDRATION MONTH



HOW MUCH DO YOU REALLY NEED?



8



BODY WEIGHT
(lbs) / 2

1 = 8
OUNCES

WATER NEEDED
PER DAY



BRAIN
75%
WATER



LUNGS
90%
WATER



BLOOD
85%
WATER



SKIN
80%
WATER



BONES
24%
WATER



HELPS
CONVERT
FOOD
INTO ENERGY



MUSCLE
75%
WATER



HELPS
BODY
ABSORB
NUTRIENTS

DRINK MORE WATER

THREE GLASSES OF WATER
A DAY WILL KEEP THE BALANCE



IMPROVE
SKIN COLOR



CONROL
CALORIES



ENERGIZE
THE MUSCLES



ELIMINATE
BODY TOXINS



HELP YOUR
KIDNEYS

