



The Importance of Water



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Stay Healthy by Drinking Water

Drinking water is:



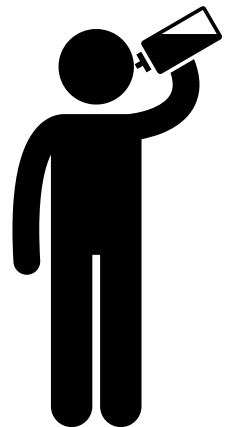
- **Important for your health**
- **A great way to quench your thirst**
- **A way to stay hydrated without calories**

Our bodies lose water by:

- **Sweating**
 - **Getting rid of waste**
- ...We need to replace what is lost.**

Tips to help make water your drink of choice:

- **Drink it hot or cold**
- **Drink water with your meals**
- **Ask for water with your food when eating out**
- **Carry a reusable water bottle when you are out**
- **Try a fruit and herb-infused water or carbonated water**
- **Add flavour to your water (fruit-infused)**
- **Drink water during and after physical activity or playing sports**
- **Pitcher of water in the fridge or on the table for easy access**



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