

How much water do you drink daily?

NO MATTER YOUR MEASUREMENT! REMEMBER TO DRINK MORE WATER

YOUR DAILY REQUIREMENTS



X 66
OUNCES



X 8
GLASSES



X 8-10
CUPS



X 2.5
LITERS

Drink your water not your calories



DRINK MORE WATER. NO RED BEETLE NEED TO DRINK! - PLUMED
HTTPS://PUBMED.NCBI.NLM.NIH.GOV/...
HTTPS://WWW.CDC.GOV/NUTRITION/DATA-STATISTICS/PLAIN-WATER-THE-HEALTHIER-CHOICE.HTML

stay Hydrated
lower your risk of heart disease
aid your digestion
help your kidneys eliminate toxins

<https://youtu.be/kXySLXRHfFM>

Cuanta AGUA TOMAS AL DIA?

NO IMPORTA CUAL SEAN LAS MEDIDAS, RECUERDA DE TOMAR SUFICIENTE AGUA

TUS NECESIDADES DIARIAS



X 66
ONZAS



X 8
VASOS



X 8-10
TAZAS



X 2.5
LITROS

TOMATE TU AGUA NO TUS CALORIAS



[HOW MUCH WATER DO WE REALLY NEED TO DRINK?]- PLUMED
HTTPS://PUBMED.NCBI.NLM.NIH.GOV/...
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Mantente Hydratado
reduce riesgos de enfermedades cardiacas
Promueve buena digestion
ayuda a los rinones a eliminar toxinas

<https://youtu.be/fOIFl611jdA>



Karen Wong