

Reasons Why You Should Stay Hydrated

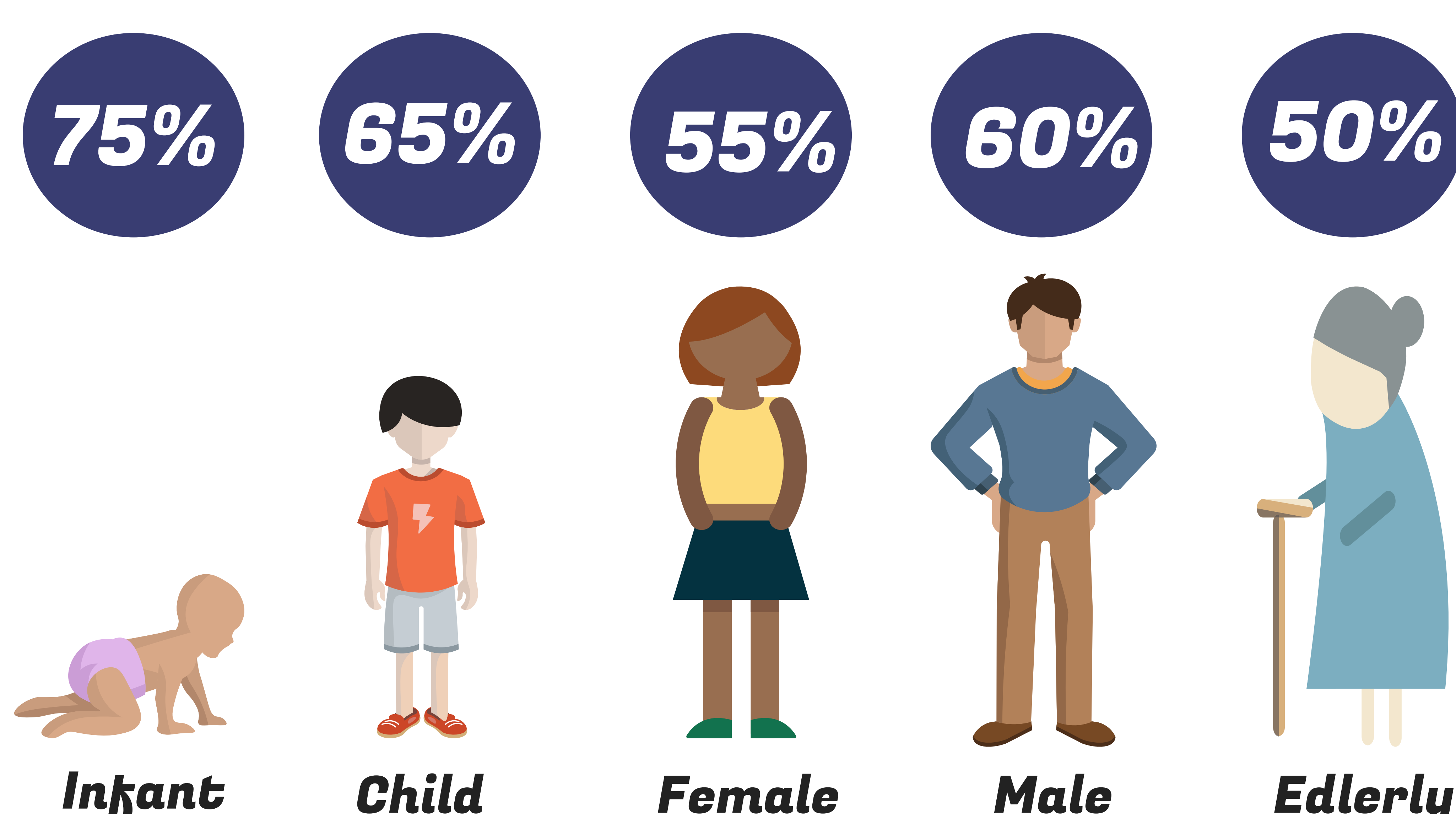
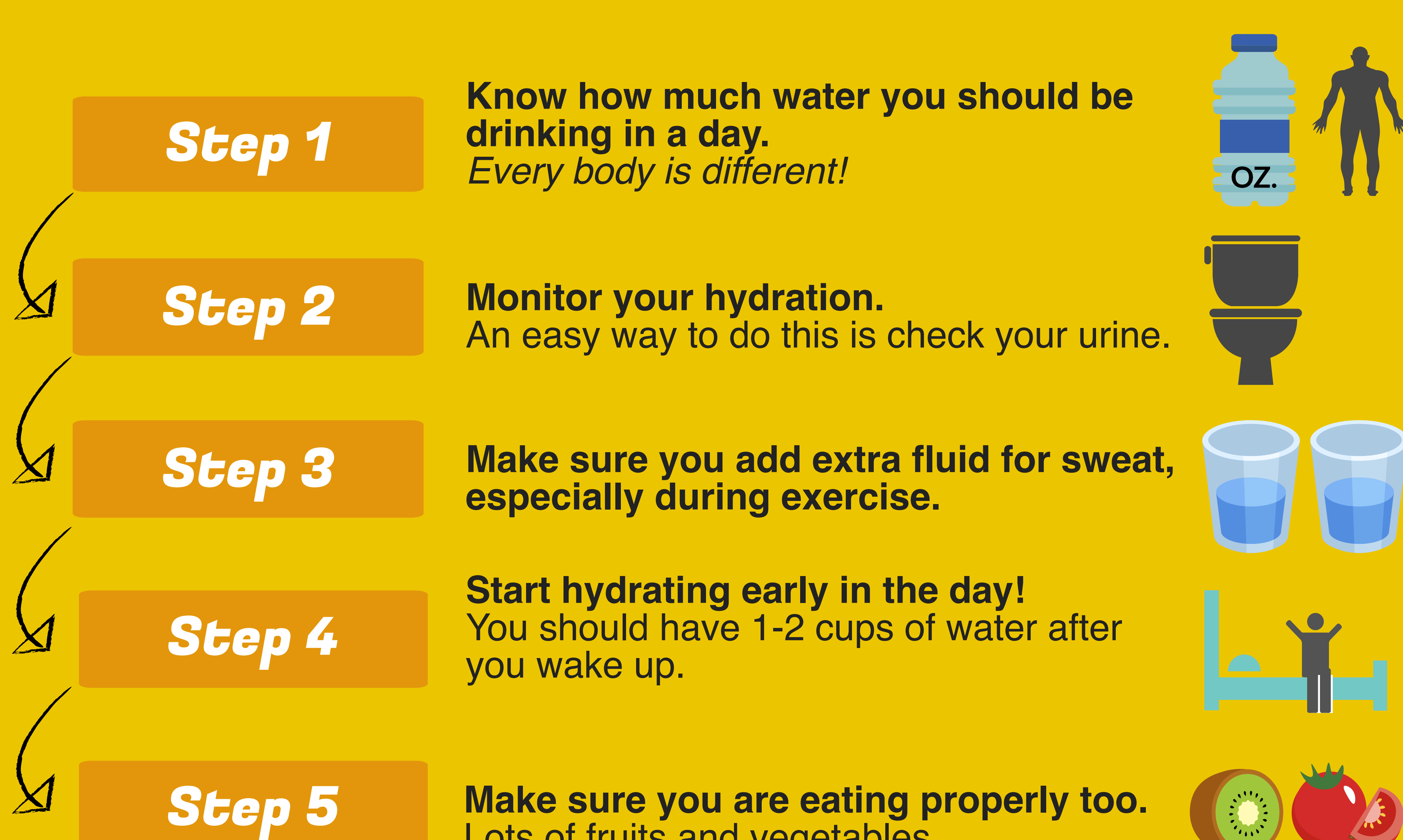


Importance Of Hydration

The human body is made up of water. If not hydrated properly it can lead to the body degenerating.



5 Simple Steps To Stay Hydrated



Water weight in the human body

HOW MUCH WATER SHOULD YOU DRINK IN A DAY?

To figure out much water you should have in a day use your weight.

$$(\text{weight} / 1/2 = \text{oz. of water})$$

