Water is the best beverage choice you can make.

Did you know water...

- Helps maintain a healthy body weight by increasing metabolism and regulating appetite.
- Helps increase energy levels.
- Hydrates the body, quenches thirst, and supports other body functions necessary for your overall health.
- Moisturizes skin for a healthy, glowing appearance.

Simply put, drinking water helps maintain your weight, increases your level of energy, and helps you feel and look healthier. **And the best part of all, it's inexpensive!**



FLAVORED WATER

- To add a little flavor to your water, try using fresh or frozen fruit, or herbs.
- For the herbs, crush or chop them up to get the best flavor.
- Similarly, squeeze citrus wedges, slice or cube melons, and crush berries.

Mix up ingredients to create your own unique flavor! To get you started, here some flavored water ideas courtesy of Kitchen Adventure.

1. Watermelon	11. Grapes	21. Honeydew Melon
2. Cucumber	12. Blood Orange	22. Fresh Ginger Root
3. Lemon	13. Rosemary	23. Mango
4. Cantaloupe	14. Lavender	24. Watermelon & Mint
5. Orange	15. Strawberries	25. Cucumber & Mint
6. Cherries	16. Blackberries	26. Lemon & Mint
7. Lime	17. Raspberries	27. Cherry & Lime
8. Grapefruit	18. Pineapple	28. Watermelon & Cucumber
9. Basil	19. Kiwi	29. Ginger & Lemon
10. Mint	20. Papaya	30. Orange & Pineapple

INFUSED WATER

AT HOME

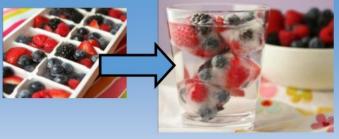


How to get the best results

- 1. Once your ingredients are picked, wash them thoroughly.
- Mash the ingredients together to release the juices and flavors, pour water over top and stir or shake the mixture.
- 3. Leave for 24 hours to allow the flavors to dissipate thoroughly, then drink and enjoy.
- 4. Use the fruit mixture 2-3 more times but don't try to stretch it to far, fruits can become bitter and lose flavor over time.



Fun & Tasty ways to



FLAVOR UP

your

WATER





