Drink More Water

WHY? Drinking water is a vital step in creating and maintaining a healthier lifestyle. Water:

- Hydrates your body
- Moisturizes your skin
- Boosts your energy levels
- Helps you maintain a healthy weight

HOW? Campus Hydration Stations!

- Drink eight 8-ounce cups per day
- Stay hydrated before, during, and after exercise
- Carry a reusable refillable water bottle
- Find Hydration Stations all around campus

For more information, please visit: http://www.wellness.uci.edu/water.html