



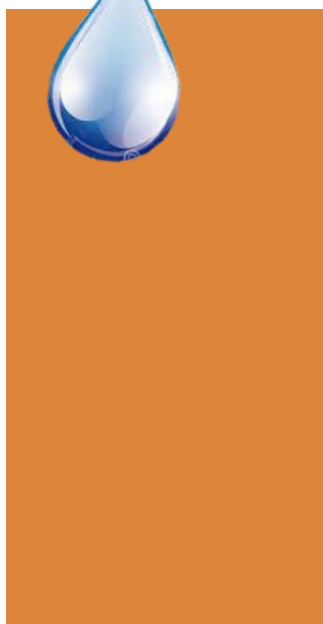
Hydration

Never set down an empty glass without refilling it.

Never pass by a water cooler without stopping for a sip.

Drink more if you're engaged in sweaty activity.

Remember to drink water, even if you're not thirsty.



'Water composes 75% of your brain, helps to convert food to energy, regulates body temperature and cushions your joints.'



It is suggested that the average person, who is fairly inactive, should consume a minimum of 8-12 cups of water per day.



Total Health Solutions

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