

WATER MAKES UP 70% OF YOUR BODY; KEEP WELL HYDRATED

Drink around 8 glasses of water a day. When?



**1 GLASS OF
LUKEWARM WATER ON
AN EMPTY STOMACH**

**2 GLASSES
AROUND
MID-MORNING**



**1 GLASS BEFORE
EATING**

**3 GLASSES IN THE
AFTERNOON**



**1 GLASS BEFORE
GOING TO BED**