

WHY WATER IS THE WAY TO GO

There are many different options when it comes to choosing a drink, but not all of those choices are healthy. Did you know that soda, sports drinks, and juice contain a lot of sugar that your body doesn't really need?

Did you know that one 12-ounce can of soda contains more than 20 sugar cubes! While it is okay to have a sugary drink from time to time, the best choice to quench your thirst is water.

Water is important for your body to survive and stay healthy. Without it, your body cannot work properly. Every cell in your body needs water to keep doing its job.

Water is also a part of your immune system, which keeps you from getting sick. You need water to digest your food and get rid of waste, too. In addition, water is the main ingredient in your perspiration, also called your sweat.



Whenever you are thirsty, grab some water to make your body happy. Make sure to drink extra water when you are exercising a lot or when you are sick!

