# DON’T DRINK ENOUGH WATER? CHANGE YOUR HABIT NOW!

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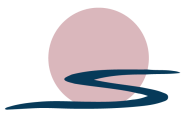
Water plays an important role in your life. Many organisms can live without air, but none can live without water. Water is not only thirst-quenching but has many health benefits for your body and vital organs. 



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Some of them are:

#### Regulates body temperature

#### Carries nutrients and oxygen to the cells

#### Removes waste products from the body

#### Acts as a lubricant for the joints

#### Acts as a shock absorber for the brain and spinal cord during walking or running

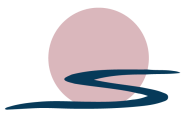
#### Prevents dehydration which may lead to tiredness or muscle weakness

And, what’s more, it contains no calories, fat or cholesterol!

**How much water is enough?**

While you probably know the health benefits of drinking plenty of water, drinking enough of it is another story.   
An average healthy adult needs to consume at least 8 glasses\* of water on a daily basis and this quantity should be increased during the summer and when exercising. If your water consumption is lower than recommended, here’s what you can do to drink more:



**Tips for drinking more water**

#### Drink a glass of water as soon as you get up everyday

#### Add slices of lemon, lime or orange to your water for a hint of flavour if you do not like to drink plain water

#### Enjoy water breaks at work

#### Replace other drinks with water at meal times

#### Take water bottles with you to work or college

#### Keep a cup of water on your desk to sip on while you work

#### Whenever you pass by a drinking water fountain, take a drink

#### Instead of a soft drink or soda, reach for bottled water in the convenience store as well as from the vending machine

#### Drink sparkling water instead of carbonated beverages at parties or restaurants

#### Pack bottled water in your carry-on luggage when travelling by plane

#### Drink water before, during and after physical activity

#### Do not wait until you are thirsty to drink water; stay hydrated all day long

**Good to Remember:**

It is easy to confuse hunger with being thirsty; so try water first. Drinking water makes you feel trimmer and it’s the best choice for quenching your thirst between meals. Getting in the habit of drinking more water may take time, so increase your intake gradually and eventually you’ll easily consume what you need.

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Source: <http://www.nestle-family.com/nutrition-for-all/english/dont-drink-enough-water-change-your-habit-now_002961.aspx> Sweet Financial Services and Women Forward are not registered broker/dealers and are independent of Raymond James Financial Services. Securities offered through Raymond James Financial Services, Inc. Member FINRA/SIPC. Investment advisory services offered through Raymond James Financial Services Advisors, Inc. The information has been obtained from sources considered to be reliable, but we do not guarantee that the foregoing material is accurate or complete.