

SWAP YOUR POP!

Why should we drink water?

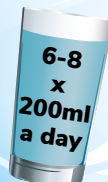
- Water saves us money - it's free!
- Helps beat tiredness and improves sleep
- It keeps us healthy
- Sugary (or fizzy) drinks are bad for our teeth, choose water instead
- Zero calories and sugar free
- Helps us keep cool and comfortable when it's hot
- Better skin, hair and nails
- Improves brain power and concentration
- Helps replace fluids lost from sweating when we exercise



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SWAP YOUR POP!

Children
4-13 years
should drink
6-8 glasses of
fluids every day



Water - the wonder drink!

- Helps our kidneys to work well
- Helps beat tiredness
- Helps your lungs do their job / function better
- Improves our digestive health
- Improves memory and mood
- Keeps hearts healthy and blood flowing

The wording in this leaflet
can be made available in other
formats such as large print and
Braille. Call 01274 438884.

You can
add fruit
and herbs to
water - try:
cucumber, mint
or strawberries.



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