



10 Reasons to drink water

we are
aspire



STAY SAFE

GET SUPPORT

KEEP SECURE



people first

1



Treats Headaches & Migraines

Water composes 75% of your brain and improves concentration

2



Promotes healthy skin

Water carries nutrients and oxygen to your cells. Skin 80% water.

3



Improves mood

Moistens oxygen for breathing. Lungs 90% water.

4



Relieves fatigue

Helps convert food to energy.

5



Increases weight loss

Removes waste, helps your body absorb nutrients.

6



Can't function without it

Water makes up 83% of your blood.

7



Helps you move

Water composes 22% of your bones and cushions your joints.

8



Majority of your muscle

Makes up 75% of your muscles.

9



Cushions your organs

Protects and cushions your vital organs.

10



Prevents your body from overheating

Regulates your body temperature.