

HOW MUCH WATER SHOULD I BE DRINKING?

It is recommended that you should drink at least half your bodyweight in ounces to stay hydrated. Let's do some math!

_____ POUNDS * 0.5 = _____ ounces of water!

That's how much you should be drinking everyday!

REASONS TO SKIP THE SODA AND DRINK WATER INSTEAD!

1. The Sugar! – A single can of soda contains the equivalent of 10 teaspoons of sugar. This amount of sugar, increases the blood sugar and causes an insulin reaction in the body. Over time, this can lead to diabetes, weight gain, and other health problems.
2. Obesity– Harvard researchers have recently positively linked soft drinks to obesity. The study found that 12 year olds who drank soda were more likely to be obese than those who didn't, and for each serving of soda consumed daily, the risk of obesity increased 1.6 times.
3. Lack of Nutrients– There is absolutely no nutritional value in soda whatsoever. Not only are there many harmful effects of soda, but there aren't any positive benefits to outweigh them.
4. Dehydration– Due to the high sugar, sodium, and caffeine content in soda, it dehydrates the body and over a long period of time can cause chronic dehydration.
5. Bad for the teeth– Drinking soda regularly causes plaque to build up on the teeth and can lead to cavities, brittle teeth, stained teeth, and gum disease.

DITCH THE SODA, DRINK more water!