

# 30 DAY WATER CHALLENGE

CHALLENGE YOURSELF TO DRINK 8 GLASSES OF FILTERED WATER A DAY FOR 30 DAYS!

<p><b>1</b></p> <p>IT'S DAY 1! Keep your eye on the prize, you'll be loving the benefits of this challenge in no time!</p> <p>1 2 3 4 5 6 7 8</p>	<p><b>2</b></p> <p><b>HYDRATE YOUR WAY TO A HEALTHIER HEART</b> Every cell, tissue and organ in your body needs water to work properly</p> <p>1 2 3 4 5 6 7 8</p>	<p><b>3</b></p> <p>Don't let your beloved coffee or tea addiction get in the way! Drink a glass of water straight after you finish your mug</p> <p>1 2 3 4 5 6 7 8</p>	<p><b>4</b></p> <p>Water a plant and watch it <b>SPRING</b> to life in a few minutes. The same thing happens to you</p> <p>1 2 3 4 5 6 7 8</p>	<p><b>5</b></p> <p>Did you know unfiltered town water can contain chlorine, bacteria, and parasites? <b>DRINK FILTERED, FRESH HEALTHY WATER EVERY DAY!</b></p> <p>1 2 3 4 5 6 7 8</p>	<p><b>6</b></p> <p><b>BILLIONS OF CELLS IN YOUR BODY ARE THANKING YOU FOR BOOSTING YOUR HYDRATION!</b></p> <p>1 2 3 4 5 6 7 8</p>
<p><b>7</b></p> <p>Getting bored of plain water? <b>MAKE IT FANCY!</b> Add some sliced citrus fruit.</p> <p>1 2 3 4 5 6 7 8</p>	<p><b>8</b></p> <p><b>FEELING TIRED? YOU MAY BE DEHYDRATED.</b> One of the signs of dehydration is low energy, tiredness, or fatigue</p> <p>1 2 3 4 5 6 7 8</p>	<p><b>9</b></p> <p>Remind a friend to drink more water. You will both feel better for it!</p> <p>1 2 3 4 5 6 7 8</p>	<p><b>10</b></p> <p>You'll start to feel a spring in your step!</p> <p>1 2 3 4 5 6 7 8</p>	<p><b>11</b></p> <p>You're glowing! Keep it up</p> <p>1 2 3 4 5 6 7 8</p>	<p><b>12</b></p> <p><b>HUNGRY?</b> Try drink a glass of water before reaching for food</p> <p>1 2 3 4 5 6 7 8</p>
<p><b>13</b></p> <p><b>OPTIMAL HYDRATION</b> is aiding in digestion &amp; elimination of toxins from your body</p> <p>1 2 3 4 5 6 7 8</p>	<p><b>14</b></p> <p>"Water is the driving force of all nature." - Leonardo da Vinci</p> <p>1 2 3 4 5 6 7 8</p>	<p><b>15</b></p> <p><b>WHOA!</b> You're already half way there! Let's kick the next 15 to the curb!</p> <p>1 2 3 4 5 6 7 8</p>	<p><b>16</b></p> <p>The colour of your pee speaks volumes. The goal is to make it very pale yellow</p> <p>1 2 3 4 5 6 7 8</p>	<p><b>17</b></p> <p>Sometimes <b>MOODINESS</b> can be attributed to dehydration! If you are feeling down, have another glass of water</p> <p>1 2 3 4 5 6 7 8</p>	<p><b>18</b></p> <p>Got a headache? This is a symptom of severe dehydration and can be caused by a lack of blood flow to the brain. Before you reach for that painkiller, <b>HAVE A GLASS OF WATER!</b></p> <p>1 2 3 4 5 6 7 8</p>
<p><b>19</b></p> <p><b>FEEL GRATITUDE!</b> 1 in 3 people have no access to safe drinking water</p> <p>1 2 3 4 5 6 7 8</p>	<p><b>20</b></p> <p><b>FACT:</b> Between 50-80% of your body is made up of water</p> <p>1 2 3 4 5 6 7 8</p>	<p><b>21</b></p> <p>Your resting metabolism is increasing to burn unwanted calories</p> <p>1 2 3 4 5 6 7 8</p>	<p><b>22</b></p> <p>Do your part for the earth! <b>IT TAKES 450 YEARS</b> for water bottles to biodegrade.</p> <p>1 2 3 4 5 6 7 8</p>	<p><b>23</b></p> <p>Keep going! 8 glasses of filtered water for you today!</p> <p>1 2 3 4 5 6 7 8</p>	<p><b>24</b></p> <p>Treat yourself to a deep tissue massage! Drink plenty of water afterwards to flush out all the toxins released from the tissue.</p> <p>1 2 3 4 5 6 7 8</p>
<p><b>25</b></p> <p>Did you know? It's important to drink extra water to help you replace fluid loss after activity and exercise that makes you sweat</p> <p>1 2 3 4 5 6 7 8</p>	<p><b>26</b></p> <p><b>FEELING ANNOYED TODAY?</b> Research shows mild dehydration can negatively affect mood! Drink another glass</p> <p>1 2 3 4 5 6 7 8</p>	<p><b>27</b></p> <p><b>WATER HELPS DELIVER OXYGEN TO YOUR WHOLE BODY!</b></p> <p>1 2 3 4 5 6 7 8</p>	<p><b>28</b></p> <p>The moment you want to quit is the moment you need to <b>KEEP PUSHING!</b></p> <p>1 2 3 4 5 6 7 8</p>	<p><b>29</b></p> <p>Do a little happy dance, you're fighting disease and energizing your body with every sip!</p> <p>1 2 3 4 5 6 7 8</p>	<p><b>30</b></p> <p>Feeling vibrant, skin glowing, higher cognitive function... you're ready to conquer the world!</p> <p>1 2 3 4 5 6 7 8</p>