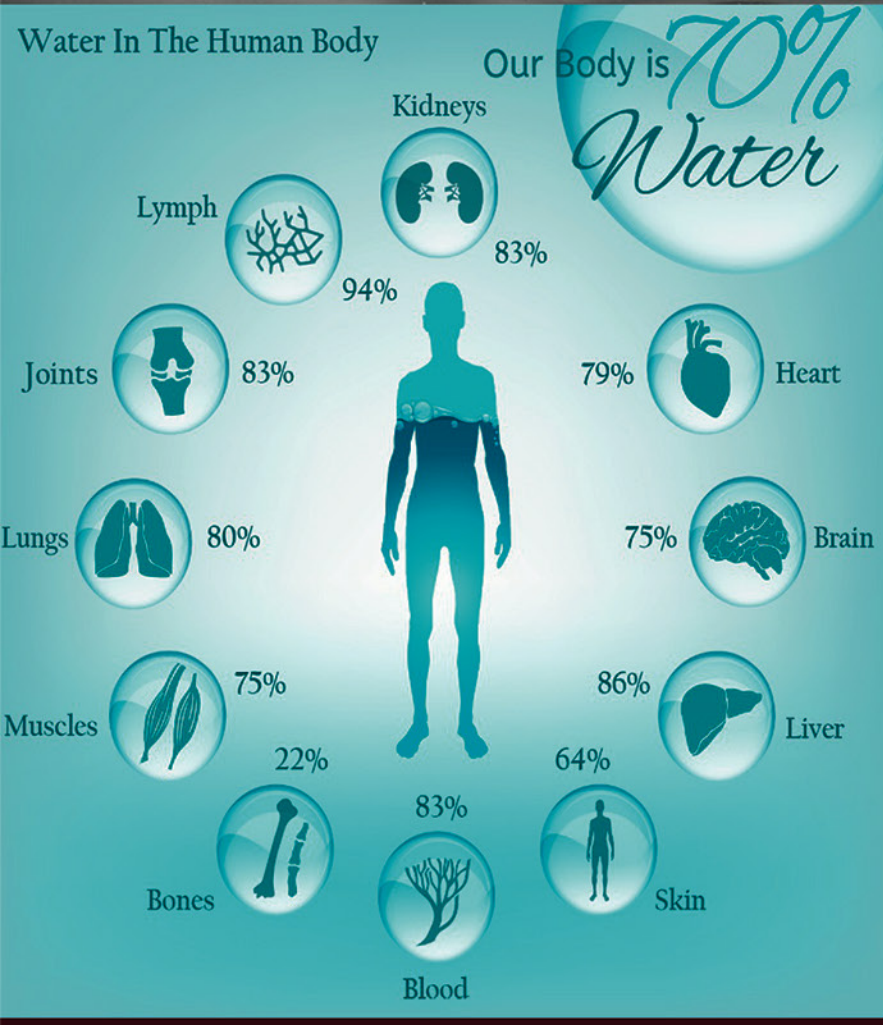




Mni Wiconi Water is Life

Great Plains Good Health and Wellness Program



Drinking More Water Can:

- ➔ Reduce disease
- ➔ Reduce high blood pressure
- ➔ Reduce the risk of cancer
- ➔ Relieves headaches
- ➔ Improve brain function
- ➔ Improve weight loss
- ➔ Suppress your appetite
- ➔ Minimize fatigue



Water vs Soda



- ✔ Zero sugar, zero calories.
- ✔ Prevents tooth decay.
- ✔ Natural remedy for digestive problems.
- ✔ Prevent type-2 diabetes.
- ✔ Water is sacred medicine.

- ✘ 20 oz. = 16 teaspoons of sugar
240 calories
- ✘ Causes tooth decay/loss, & gum disease.
- ✘ Increases weight gain and obesity.
- ✘ Too much can lead to type-2 diabetes and disease.

3 Ways to Increase Your Water Intake



Water at meals



Fruits and vegetables



Free water = More money

HINT

A great way to remind yourself to drink more water, is having a designated water bottle with you at all times!