

HYDRATE MATE!



Water is the best choice when it comes to drinks. It's an excellent thirst quencher – plus it doesn't contain sugar!



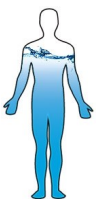
Why not add a design to a plain water bottle using permanent markers – look out Banksy!

Go tropical and add some fruit to your water – strawberries, kiwis, apples or slices of orange taste great.



Swap fizzy drinks and energy drinks for lower-fat milks or no-added sugar drinks.

Random Facts



Approximately 60% of the adult human body is made up of water.

Seaweed water pods were handed out at the London Marathon in 2019 to cut down on the number of plastic bottles being used.

