



DID YOU KNOW?

INFUSED WATER RECIPE

1. Add the fruit and/or herbs to the bottom of an empty 32 ounce mason jar.
2. Fill the mason jar with purified water.
3. Let the fruit sit for a few hours and then enjoy!

IMPROVED PHYSICAL PERFORMANCE:

Dehydration can affect physical performance, particularly during endurance activities. In a study of runners, researchers found that those who were dehydrated had a slower running pace, higher heart rate, and higher body temperature compared to those who were adequately hydrated. Adequate hydration can help to prevent these negative effects and improve physical performance.

ENHANCED COGNITIVE FUNCTION:

Dehydration can also affect cognitive function, including memory, attention, and mood. In a study of young women, researchers found that those who were dehydrated had a significant decrease in memory and attention compared to those who were adequately hydrated. Adequate hydration can help to improve cognitive function and increase productivity.

BETTER SKIN HEALTH:

Water is essential for maintaining healthy skin. It helps to keep the skin hydrated and plump, which can help to reduce the appearance of fine lines and wrinkles. Adequate hydration can also help to improve skin elasticity and reduce the risk of skin problems such as acne.

IMPROVED DIGESTION:

Water is necessary for the digestion of food and the absorption of nutrients. It helps to soften stools and prevent constipation. Adequate hydration can help to improve digestion and prevent digestive problems.

A graphic with the text 'HYDRATE YOUR HUSTLE' in a bold, stylized font. The word 'HYDRATE' is in white with a dark teal outline, and 'YOUR HUSTLE' is in dark teal with a white outline. The text is surrounded by a dynamic splash of water droplets and bubbles, giving it a sense of movement and freshness.