

Refresh with water

Water helps our body do amazing things! Every cell, tissue and muscle relies on it to keep us moving, thinking and feeling our best. So let's talk about some ways to drink more water.



Your turn...



What's your favourite way to drink water?

How much water do you usually drink in a day?



What's one fun way you could get your children to drink more water?

What's one trick you use to remember to drink water each day?

