

Fun Infused Water Recipes

Fresh Rain Water

Ingredients: Cucumber, Lemon, Celery

Life's a Breeze

Ingredients: Kiwi, Orange

Cool-Off Crusher

Ingredients: Cucumber, Lemon

Strawberry Smooch

Ingredients: Strawberry, Cucumber, Mint

BODY WATER

INFOGRAPHICS



HOW MUCH DO YOU REALLY NEED?



÷ 8 =



BODY WEIGHT (lbs) / 2

1 = 8 OUNCES

WATER NEEDED PER DAY

