

“Early morning exercise will keep you active for the entire day.”– Lailah Gifty Akita



**HYDRATION:** Hydration is the replacement of body fluids lost through sweating, exhaling, and eliminating waste. On average, the body loses and needs to replace about 2-3 quarts of water daily. Luckily, many foods we eat are composed mostly of water. Foods with high water content include greens and most fruits and vegetables.

Helps maximize physical performance

Significantly affects energy levels and brain function

May help prevent and treat headaches

May help relieve constipation

May help treat kidney stones

Helps prevent hangovers

Can aid weight loss

“If you are in a bad mood go for a walk. If you are still in a bad mood, go for another walk.”– Hippocrates

Make sure that you **get enough water each day**, whether your personal goal is 64 ounces (1.9 liters) or a different amount. It’s one of the best things you can do for your overall health.



All truly great thoughts are conceived by walking.– *Friedrich Nietzsche*

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