

Winning has never been so easy.

1 Dominate the field

Water gives you energy to keep going on and off the field

2 Ace your homework

Water helps you focus while studying

3 Refresh your mood

Water helps you feel good all day long

4 Look your best

Water keeps your skin hydrated and healthy



MISSOURI FOUNDATION FOR HEALTH

**Healthy Schools
Healthy Communities**

LET'S BUILD A HEALTHIER FUTURE