

Hydration and Snack Station

Did you know that drinking enough water each day is crucial for:

- Body temperature regulation
- Joint health
- Infection prevention
- Cell nutrition
- Organ function
- Quality of sleep
- Cognition and mood

Also, good nutrition can reduce the risk of some diseases! This includes heart disease, diabetes, stroke, some cancers, and osteoporosis. It also helps with:

- Reducing high blood pressure
- Lowering high cholesterol
- Improving overall well-being
- Fighting off illness
- Improving the ability to recover from illness or injury
- Improving cognition, concentration, and energy levels

To access this activity's translations, scan this QR code:



Or go to: <http://bit.ly/ocdehydration>