

TIP OF THE MONTH: "Eat Your Water"

-pg. 52 Benefits Resource Guidebook

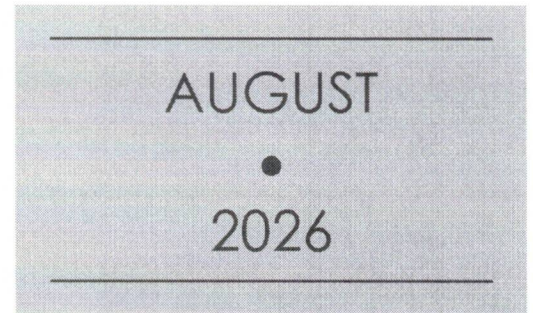
Daily Habits ----- Start A Plan

Snacking on water-rich foods like cucumbers, watermelon, cantaloupe, peaches, oranges, pineapples, strawberries and so much more provides the body with essential vitamins, antioxidants, and a steady, slow-absorbing source of hydration to beat the summer heat.

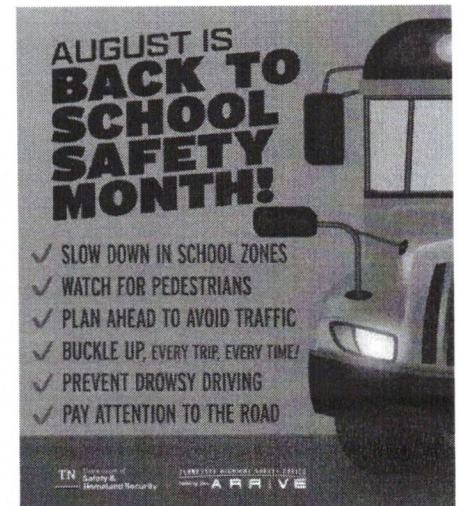
A graphic of a water bottle with the text "MONTHLY WATER TRACKER" inside. Below the bottle is a grid for tracking water intake. The grid has two columns of 16 rows each, numbered 1 to 31. Each row contains a series of small water bottle icons for marking progress.

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