

# HOLIDAY GIFT IDEAS

## The Season's Most Tasteful Gift: Water

(NAPSA)—While this is the season to be jolly, it's also the time of year when holiday parties can cut into exercise routines. But even if you don't make it to the gym, there's one simple thing you can do for your health every day. Drinking at least eight glasses of water helps lubricate joints, aids digestion and keeps skin soft. It can even help ease that sluggish feeling the morning after too much eggnog.

While most of us understand the importance of good hydration, for some, great tasting drinking water can be a little hard to come by. Water that has off-tastes and odor from chlorine isn't particularly appetizing. Fortunately, there's a gift idea that can help clear things up.

Brita, the leader in point-of-use water filtration products, is offering two new stylish designs to help ensure that there's always delicious, healthier water at home. The new Smart Pitcher in Chrome has a sleek, polished chrome lid with a charcoal-colored handle and reservoir. Like the original Smart Pitcher, it has a built-in digital timer that tells you when the filter needs changing—a helpful reminder for busy people. The On Tap Faucet Filter in Chrome features a polished chrome filter and white base—a terrific solution for larger families or people who cook with filtered water.

Each Brita product reduces chlorine taste and odor and removes 98 percent of lead that can be found in tap water. With prices under \$35, filtration pitchers and faucet mounts make an affordable and stylish gift for friends and relatives who are making better health a New Year's resolution.



**Brita's new Smart Pitcher features high-polished chrome, perfect for holiday gift-giving or entertaining.**

### Winter hydration

Most people don't worry about staying hydrated when weather is cold. But what you may not know is that you can lose as much water in the winter as you do in the summer through perspiration—particularly during exercise or strenuous activities such as shoveling snow. Here are some tips to help you stay well-hydrated this winter:

- Drink eight glasses of water a day; more if exercising outdoors or perspiring from shoveling snow.
- Heaters and cozy fires can deplete moisture from the air; drink water to reduce the risk of headaches, sinus problems and dehydration.
- If you catch a cold or flu, boost your water consumption; the liquid will help flush your body and speed recovery.
- If you drink alcohol at holiday parties, drink more water; alcohol dehydrates you.
- Children can work up a heavy sweat while playing in their snow clothes; make sure they drink adequate amounts of water.