

# WATER facts & figures

## Tasty New Way To Drink To Your Health

(NAPSA)—Whether you're looking to maintain a healthy lifestyle or gain a feeling of well-being, there is one bit of advice that experts can agree on—it's important to incorporate water into your daily routine.

For some people, however, that suggestion is hard to swallow. Many Americans would probably admit they don't drink as much water as they should. Fortunately, getting yourself and your family to drink more water can go swimmingly with the help of the latest trend: low- and no-calorie flavored bottled waters. There are even some bottled waters that are fortified with vitamins and minerals. If you are looking for an easy way to maintain a healthy lifestyle, these waters are for you.

For example, you can get a lightly flavored, vitamin-enhanced water designed to replenish and cleanse that's 5 percent juice, yet has only 10 calories per serving.

It's a good source of vitamin E, vitamin B6, vitamin B12 and niacin—providing 10 percent of the Daily Value of each of these nutrients per eight-ounce serving. Called Aquafina Alive, it's considered a simple way to “make your body happy” and comes in three refreshing flavor combinations:

- Peach Mango;
- Berry Pomegranate;
- Orange Lime.

Its great taste and portability make it an easy way to replenish, hydrate and feel your best, no matter where you are.



**Flavored and fortified bottled water can be a simple way to make healthful hydrating more fun.**

That may be particularly good news for people who need to drink more water. For example:

1. Frequent fliers: Humidity levels are low on airplanes. Experts recommend that you consume an eight-ounce serving of water every hour you're in the air.

2. The colder it gets, the more energy your body requires to maintain a 98.6° temperature, so make sure you stay hydrated—grab a bottle of water before heading out. This goes for warm and dry weather, too.

3. Feeling under the weather? Some conditions—such as colds and flu—can cause dehydration, so stay hydrated by drinking water when you're ill.

4. Athletes, even the occasional kind: The more you exercise, the more you need to replenish the fluids lost while working out. Don't wait until you're thirsty. Your body needs water before it sends that signal.

You can learn more about the benefits of water online at [www.aquafina.com](http://www.aquafina.com).