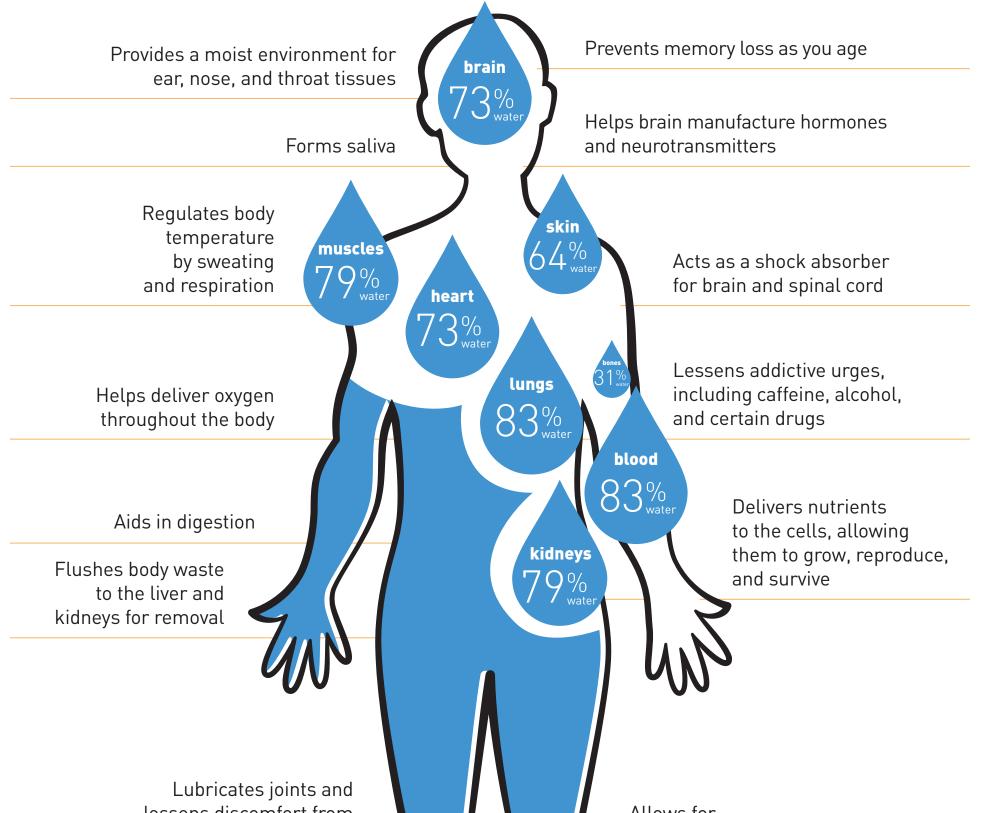
Total Worker Health®:

HYDRATION

What does water do for you?



Allows for efficient cell repair Allows for efficient cell repair **60%** of your total body weight

Sources: The Mayo Clinic U.S. Geological Survey Water Science School

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