

A dynamic splash of water against a light blue background, with several white circular callouts containing text.

## PLAN

your day with water - a glass in the morning & after work.

## DRINK

water with each meal: breakfast, lunch & dinner.

## FILL

a water bottle first thing at work & finish it before the end of the day.

# MORE WATER

## ADD

flavor with fruits, veggies, and/or herbs (lemons, cucumbers & mint).

## USE

plain seltzer to make a fizzy drink.

## TAP

into your local, free & clean water.



## DID YOU KNOW?

Most of us lose more water than we drink each day. Philadelphia has high quality water straight from the tap!

*small changes*  

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*big rewards*