

Healthier
Me



I Eat Healthy



I drink water.

Drinking water is necessary to keep me healthy.

- Water is important for my blood, heart, brain, digestion, muscles, joints, and other parts of my body. Without water, my body would not be able to work.
- Drinking water is helpful whenever I am thirsty, when I eat, when I exercise, when I am in places that are hot, and when I am sick.



KOHL'S ♥ Cares

RWJBarnabas
HEALTH

**Children's
Specialized
Hospital**

