



The
PTI BUZZ
Carol Kur, MSRD

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WHY WATER!!!!!!

I am always asked the same question. WHY WATER? Here are just some of the benefits H2O can bring to you.

Water flushes toxins from our body
 Water helps with digesting our food
 Water provides a means for nutrients to travel to all the organs in the body
 Water transports oxygen to your cells
 Water forms the fluids around the joints which protects them
 Water regulates body temperature through perspiration
 Water helps prevent constipation
 Water regulates metabolism
 Water helps with weight loss, speeding up metabolism and acting as a natural appetite suppressant

At PTI we recommend you build up to 64 ounces of H2O a day.

Hula-hoop for 40 minutes and burn up to 200 calories!!!!



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