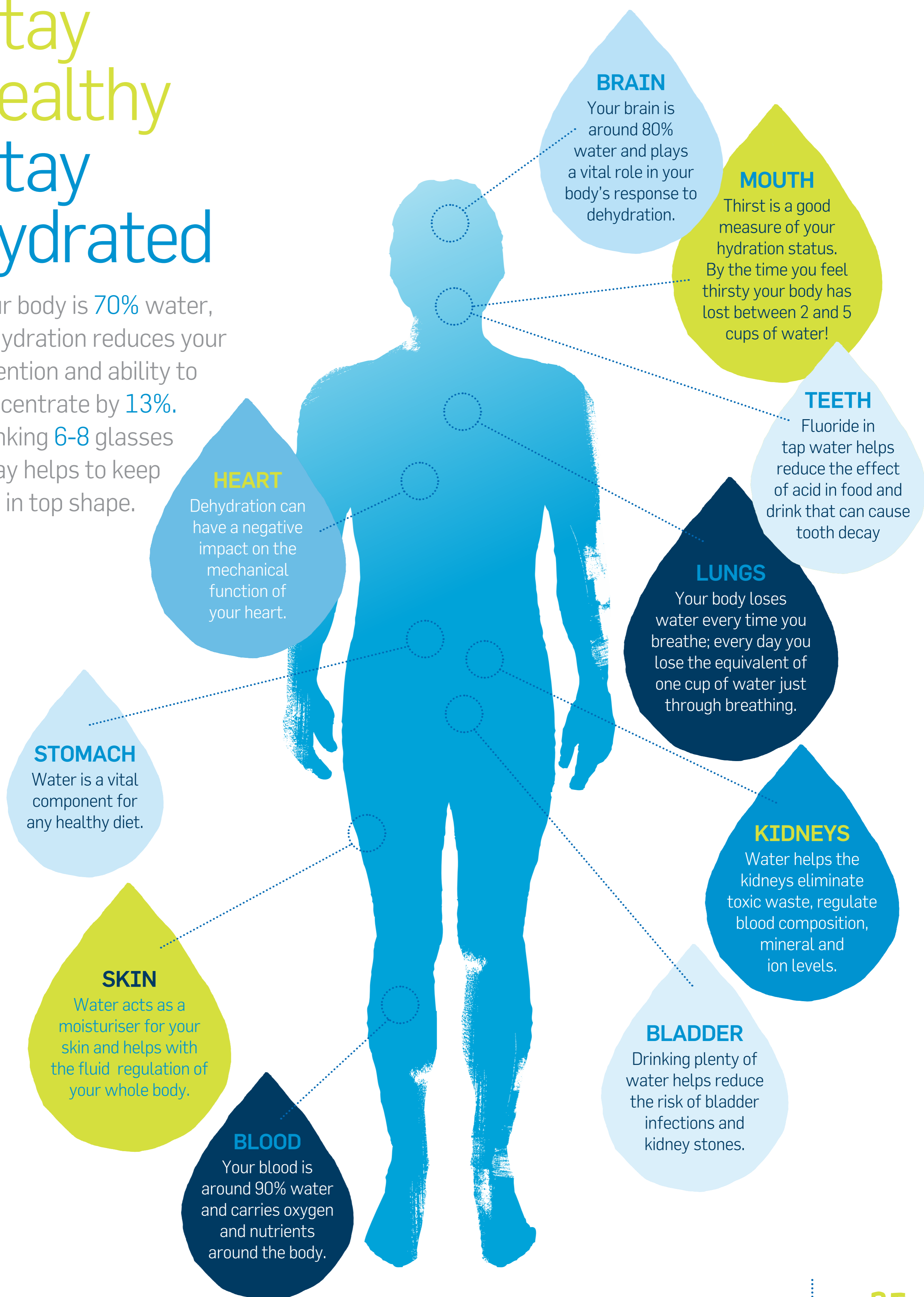


Stay healthy Stay hydrated

Your body is 70% water, dehydration reduces your attention and ability to concentrate by 13%. Drinking 6-8 glasses a day helps to keep you in top shape.



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