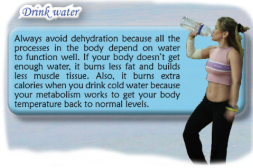


# Drink water

Written by

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## Drink water

Always avoid dehydration because all the processes in the body depend on water to function optimally. Whenever we lack water, we burn less fat and build less muscle tissue. Also, by drinking cold water we burn extra calories because our metabolism is raised in order for our body to raise its temperature to normal level.