



**JOIN THE 21-DAY
HEALTHY BEVERAGE
CHALLENGE**

A young girl with dark hair, wearing a white t-shirt, is leaning forward and holding a clear glass filled with water. She is smiling slightly. The background is a blurred indoor setting with a wooden table.

21 DAYS OF
HEALTHY
BEVERAGE
CHALLENGE



**MAKE
DRINKING
WATER A
HABIT**



**CARRY WATER
WHEREVER YOU GO**

**SQUEEZE A LEMON
WEDGE FOR A
TANGY KICK!**





CHEERS
TO CONTINUING
HEALTHY HABITS!

GET CREATIVE!
ADD FRUIT TO
YOUR WATER





**CHOOSE WATER.
A LIFELONG BENEFIT.**



REPLACE SWEET
DESSERTS WITH A
YUMMY SMOOTHIE

A clear glass filled with cold water, ice cubes, lemon slices, and fresh mint leaves. The glass is placed on a wooden surface. Water is splashing out of the top of the glass, creating a dynamic and refreshing scene. The background is a soft, out-of-focus green, suggesting an outdoor setting. A whole lemon is visible to the right of the glass, and a small sprig of mint lies on the wooden surface in front of the glass.

**COLD WATER
AS A COOLING
REFRESHMENT**



WHAT'S YOUR
FAVORITE INFUSED
WATER COMBO?



**HOT TEA IS A
GREAT OPTION
TO STAY HYDRATED**



**EVERYONE
BENEFITS FROM
DRINKING WATER**



**SHARE YOUR FAVORITE
BEVERAGE RECIPE!**



UNSWEETENED
ICED TEA IS A
REFRESHING OPTION
IN THE SUMMER



CHOOSE WATER!



STAY HYDRATED
WITH WATER

**HOW MUCH
ADDED SUGAR
IS IN YOUR
BEVERAGE?**





QUENCH YOUR
THIRST WITH WATER



ÚNETE AL DESAFÍO
DE 21 DÍAS DE BEBIDAS
SALUDABLES

A young girl with dark hair, wearing a white t-shirt, is smiling and holding a clear glass filled with water. She is leaning forward on a wooden table. The background is softly blurred, showing a white plate and a glass on the table.

RETO DE
21 DÍAS DE BEBIDAS
SALUDABLES



**CONVIERTA
EL CONSUMO
DE AGUA EN
UN HÁBITO**



**CARGUE AGUA DONDE
QUIERA QUE VAYA**

**¡EXPRIMA LIMÓN
PARA DARLE UN
TOQUE SABROSO!**



A young man with a slight smile is holding a clear plastic water bottle. The bottle is filled with water and has condensation droplets on its surface. The background is a blurred outdoor setting with green foliage. The text is overlaid in the bottom left corner in a white, bold, sans-serif font.

¡SALUD
POR CONTINUAR
CON LOS HÁBITOS
SALUDABLES!

**¡SEA CREATIVO!
AÑADE FRUTAS
A SU AGUA**





ELIJA EL AGUA.
UN BENEFICIO
SALUDABLE.



**SUSTITUYA LOS POSTRES
DULCES CON UN
DELICIOSO LICUADO DE
FRUTAS CON VERDURAS**

A clear glass filled with cold water, ice cubes, lemon slices, and fresh mint leaves. The glass is placed on a wooden surface. Water is splashing out of the top of the glass, creating a dynamic and refreshing scene. The background is a soft, out-of-focus green, suggesting an outdoor setting. A whole lemon is visible to the right of the glass, and a small sprig of mint is in the foreground.

**AGUA FRÍA PARA
REFRESCARSE**



¿CUÁL ES SU
COMBINACIÓN DE
AGUA CON INFUSIONES
FAVORITA?



**EL TÉ CALIENTE
ES UNA GRAN OPCIÓN
PARA MANTENERSE
HIDRATADO**



COMPARTA SU RECETA
FAVORITA DE BEBIDA
SALUDABLES



**¡TODOS SE BENEFICIAN
AL BEBER AGUA!**



EL TÉ VERDE SIN
SABOR ES UNA
OPCIÓN REFRESCANTE
PARA EL VERANO



¡ELIJA AGUA!



**MANTÉNGASE
HIDRATADO
CON AGUA**

¿CUÁNTA AZÚCAR
AÑADIDA HAY EN
SU BEBIDA?





SATISFACE

TU SED CON AGUA