

1 -

Hydrated

2 -

Hydrated

3 -

Hydrated

4 -

Dehydrated

5 -

Dehydrated

6 -

Dehydrated

7 -

Severely Dehydrated

8 -

Severely Dehydrated

**Just in case you
didn't know, it
shouldn't be 4-8
when you go...**



Stay Hydrated.

Visit wearewellbeing.co.uk or contact hello@wearewellbeing.co.uk for more information