BUNKY ECHO-HAWK
Visual Artist / Activist

DRINK MORE WATER

Did you know adult bodies are about 60 percent water? Water helps our bodies with digestion, circulation and transportation of nutrients.

tribalwater.org

TABOO
Black Eyed Peas

DRINK MORE WATER

Our brains are affected by how well our bodies are hydrated. Drink more water to improve your mood, concentration and to avoid headaches.

tribalwater.org

MARTIN SENSMEIER
Actor

DRINK MORE WATER

Staying hydrated is good for everyone and also increases your energy. Drink more water to help increase your metabolism and help power you through the day.

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DRINK MORE WATER

As a competitive athlete, not drinking enough water can cause my physical performance to suffer. It's harder to dunk when dehydrated. Drink more water, especially during intense exercise or when in high heat.

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TEMRYSS LANE
Former Pro Athlete

DRINK MORE WATER

As a competitive athlete, not drinking enough water can cause your physical performance to suffer. Drink more water, especially during intense exercise or when in high heat.

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