

DRINK UP!

Each day, your body needs liquid to be properly hydrated. Chances are, you drink more than half of your liquids – water, tea or coffee – on the job or at school. In celebration of National Coffee Service Month this September, and all the companies that bring you beverages at work, NAMA reminds you of the important benefits water, tea and coffee can play in your health and taste satisfaction.

Optimal intake for men is **13 cups / 101 ounces** of beverages each day.¹



For women it's about **9 cups / 74 ounces** of beverages each day.

JOE ON THE JOB:



FUEL YOUR DAY

Drinking 3-5 cups of coffee a day may help reduce Type 2 Diabetes²

BETTER BY THE CUP

Coffee is the number one source of antioxidants in the U.S. today³



CAFFEINE AT WORK

May boost energy levels and make you smarter⁴

MIGHTY BEANS

Coffee may help you burn fat⁶



COFFEE BREAK

Coffee is seen as a premium employee benefit⁵



TIP: TRY A NEW FLAVOR EVERY WEEK TO PERK UP YOUR ROUTINE.

MAKE TIME FOR TEA!

BETTER WORKOUTS

Tea may boost exercise endurance⁸



CHEERS!

Drinking 3-4 cups of green tea a day may reduce the risk of heart disease⁷



PREVENTATIVE ACTION

Tea may reduce certain types of cancers, including breast, colon and prostate cancer⁹



BRAIN POWER

Drinking tea may reduce the risk of Parkinson's and Alzheimer's diseases¹⁰ and may reduce dementia¹¹



TIP: ADD A SQUEEZE OF LEMON FOR EVEN MORE HEALTH BENEFITS!



WATER WONDERS:

#1

ESSENTIAL

Water is the #1 nutrient your body needs¹²



SLIM DOWN

H₂O may help with weight loss¹³



SMILE

Drinking water may improve moods¹⁵ and help with pain prevention¹⁶



FLEX

Water provides muscle fuel¹⁴

TIP: ADD A SQUEEZE OF CITRUS OR YOUR FAVORITE FRUITS TO YOUR WATER FOR A FLAVOR BOOST.