

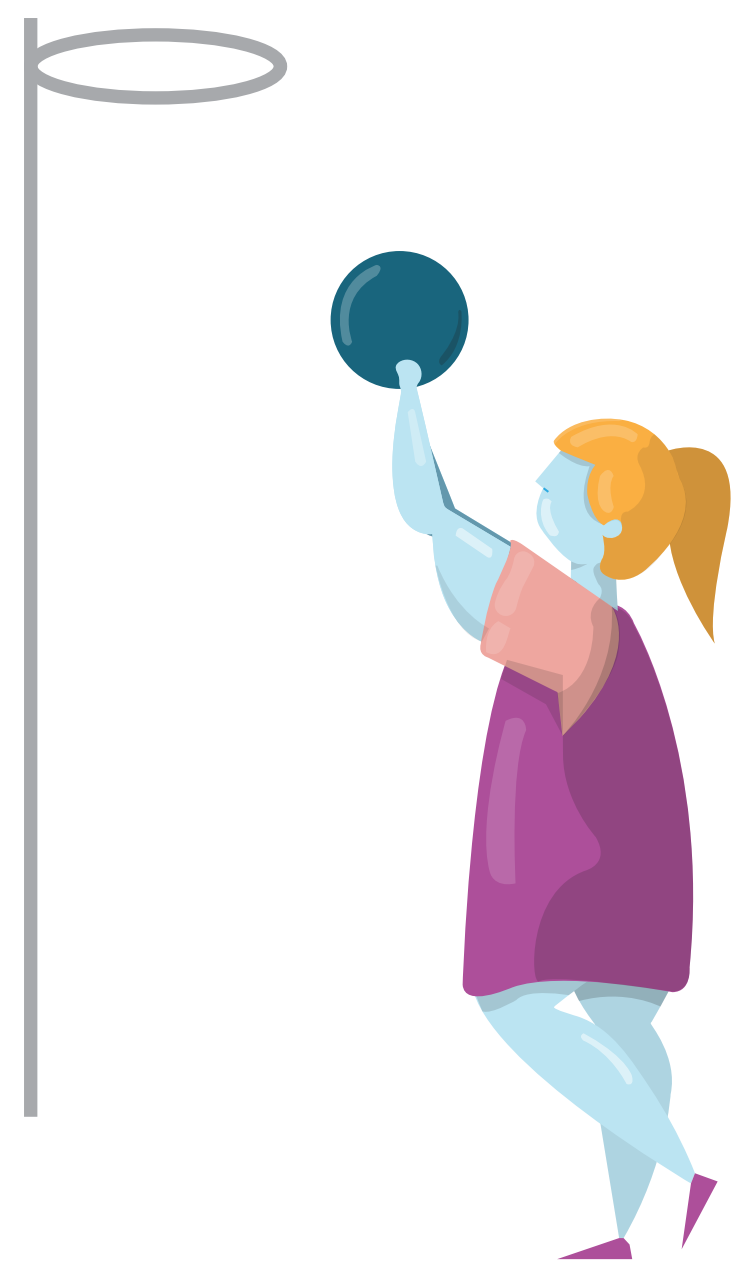
# Water is the best choice any time, any place, any activity



Going for a  
bike ride



Going for a run



Playing a game  
of netball



Playing cricket



Gym session



Relaxing day at  
the beach



**We don't need sports or energy drinks to fuel a busy day**