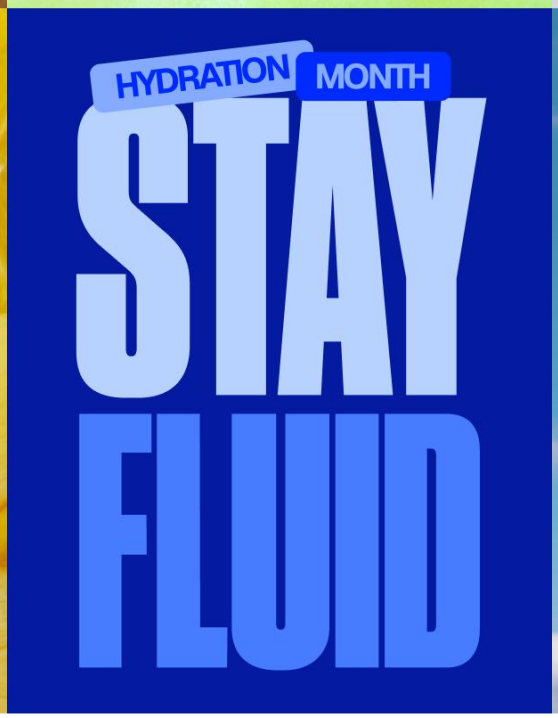

Staying hydrated isn't just about 8 glasses a day—it's about you. Your body, your lifestyle, your goals. You may need extra H2O if you are:

- **Active**: You sweat it, you get it back.
- **Expecting:** Hydrating for two is a real thing.
- **Living for the Heat:** Summer sun = higher demand.
- **Aging Up:** Your body's "water tank" gets smaller over time.

WEIGHT WATCHERS FOR BUSINESS

Let WW help you hit your hydration and health goals. Sign up today at **ww.com/getstarted**

Already a Weight Watchers member? Call customer service at 866-204-2885 to sync your account.