

# Drink + water, in a glass bottle

ENVIRONMENTAL  
TIPS #7 

Your body and your health will thank you.

Here are **five tips** for drinking more water throughout the workday:



# Always carry a **re-usable water bottle** with you.

The best are made of **glass**, a durable material that doesn't contain toxins.  
What's more, it's **100% recyclable**, helping you contribute to looking after the environment.  
Forget about plastic bottles!



# **Add pieces of fruit** to make it more appetizing.



# Install an **app** on your phone to help you stay hydrated.



# **Eat foods that contain plenty of water such as fruit and vegetables**

but don't forget that, although they contain a significant amount,  
they don't replace drinking water.



# Use the **water dispensers located in the corridors  
or communal areas of PAV or your company.**



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