

Tips for a Healthier You

Do you know how many cups of water you should drink in a day?

Here's a hint: it's the number of colours in a rainbow, plus 1.

Drinking water does more than just quench your thirst! It's essential for your body to function properly.

Ans: 8 cups

Source:

1. "The Best Refreshment".
HealthHub. December 2021.



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My Brother SG
HERE FOR YOUR HEALTH