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.

**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

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

**MAKE TIME FOR TEA!**

**BETTER WORKOUTS**
Tea may boost exercise endurance⁸

**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

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

**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.**

Sources: