































30 Day Willow Water Challenge

How to take part:

1. **Download & print** or **collect** this tracker from reception.
2. **Cross off** the amount of water you drink over the next **30 days**.
3. Once complete, **hand your tracker in at reception**, or **send a photo to hello@willowlife.co.uk** for a chance to **win a £50 John Lewis Voucher**.

1		16	
2		17	
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14		29	
15		30	

Name:

Email:

Why Take Part In The Willow Water Challenge?

Hydration: Proper hydration is crucial for **maintaining bodily functions**, including joint lubrication, which is **particularly beneficial for your chiropractic care**.

Nutrient Transport: Water aids in the transport of **nutrients and oxygen to cells**, which is essential for overall health and can support the body's **natural healing processes**.

Detoxification: It helps in flushing out toxins from the body. This detoxification can **aid recovery and enhance the effectiveness of treatments**.

Digestive Health: Adequate water intake **supports digestive health**, which is crucial for overall well-being. A healthy digestive system can indirectly impact spinal health.

Skin Health: Proper hydration can **improve skin health**, which is often a reflection of internal well-being. A healthy appearance can **boost confidence**, contributing to overall wellness.

Muscle Function: Water is essential for **optimal muscle function**. Since chiropractic care often involves addressing muscular issues related to spinal health, hydration can play a supportive role in treatment and recovery.

Cognitive Function: Adequate hydration is key for **cognitive function**. A clear and focused mind is beneficial for optimal health.

This Willow Water Challenge will end on the 13th Feb.

Send/hand your tracker back into clinic within a week to be entered into the competition, good luck!

IMPORTANT: Drinking too much water is rarely a problem for healthy, well-nourished adults, however it's advised that you drink no more than 8 cups a day.