

WATERWAYS

July - September 2011



SAVING THE ENVIRONMENT AND KEEPING MORE GREEN IN YOUR WALLET!

To help you save money and water, United Water has partnered with AM Conservation Group, Inc., offering you high-quality conservation products at below retail costs. For more information on water-saving kits for indoor and outdoor use, rain barrels or leak detectors for your toilets, visit www.uwconserve.com.



STANDARD KIT



DELUXE KIT



OUTDOOR KIT



BE PREPARED WHEN SUMMER STORMS STRIKE

Summer isn't always fun in the sun. Severe storms and extreme heat can occur at any time. Having an emergency preparedness plan can ensure that you will be ready for any situation. Be sure to include emergency supplies such as flashlights, batteries and food. Store extra water in food-grade storage containers which have been cleaned with soap and water. Seal the containers with the original tops. Place a "drinking water" label on the containers and include a storage date. Store in a cool, dry place, away from direct sunlight and areas near toxic substances such as gasoline or chemicals.



DRINKING WATER IS IMPORTANT TO GOOD HEALTH!



About 60 percent of our body weight is water and just about every organ depends on it to flush out toxins, move nutrients to cells and provide a moist environment for ear, nose and throat tissues. In the summer, heat and humidity can lead to a lack of water in the body causing dehydration and depleting energy levels. Drinking eight to ten glasses of water a day helps replenish natural fluids and restores balance to the body. Drinking water at the right time of day can maximize its effectiveness on the human body too.

Two glasses of water after waking up helps activate internal organs; one glass of water 30 minutes before a meal helps lower blood pressure; one glass of water before going to bed can help avoid a stroke or heart attack.

So remember, it's important to drink up as summer heats up!

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