

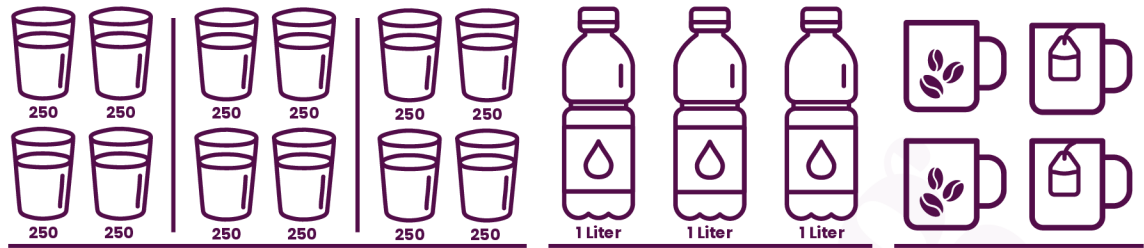


WASSERTRINKER LEBEN LÄNGER

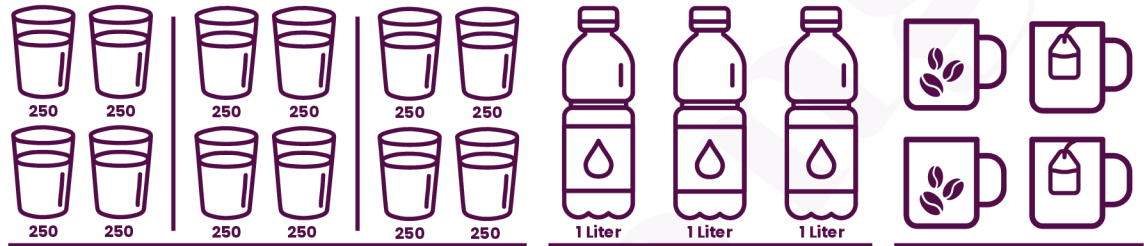
TRINKE MINDESTENS 2-3 LITER AM TAG

Faustregel: 30–40 ml Wasser pro kg Körpergewicht

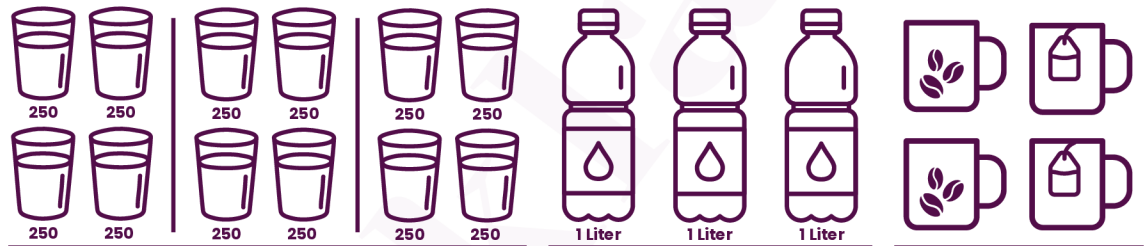
MONTAG



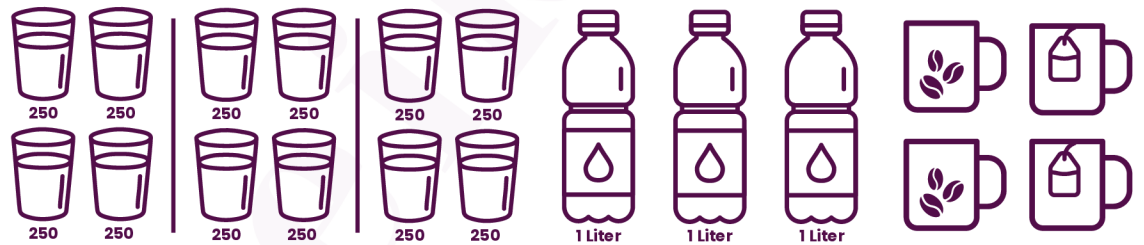
DIENSTAG



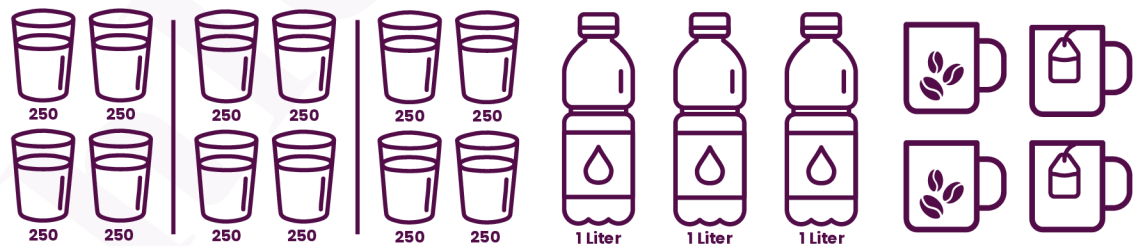
MITTWOCH



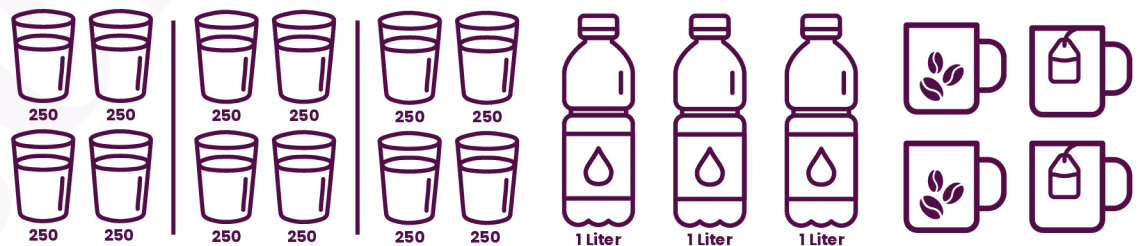
DONNERSTAG



FREITAG



SAMSTAG



SONNTAG

