

DRINK MORE WATER

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I take a sip, I take a sip
A sip of cool, clear water
I take a sip, another sip
A sip of cool, clear water

I drink a glass, but not too fast
A glass of cool, clear water
I drink it slow, it's best you know
To sip some cool, clear water

I drink more water every day of the week
I drink less juice, it's too sweet for my teeth
And I feel great from my head to my feet
'Cause water makes my body work better

Now when it's hot, it's really hot
I need to drink more water
'Cause when I sweat, well you can bet
I need to drink more water

Or when I'm out running about
I need to drink more water
Won't overheat, I have a seat
And sip some cool, clear water

I drink more water every day of the week
I drink less juice, it's too sweet for my teeth
And I feel great from my head to my feet
'Cause water makes my body work better

Drink more water

You know you really oughta
Drink more water

