9 DAYS

ig water challenge









Drinking enough water is one of the most important things we can do for our mind, body and spirit

We challenge you to commit to a 9 days journey

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boost your daily consumption of water.







Why you should do it?

Do you have a feeling or you just know you don't drink enough water and you might feel dehydrated?

This means you don't have enough water in your body to carry out normal functions that can:

cause headaches
drain your energy
make you feel tired
dry out your skin (even if you don't see it)
make you feel "foggy"



How much water should you drink?

It looks like a simple question
but the fact is that water recommendations
are no longer a one size fits all approach.
Not all experts agree on what, precisely,
is the amount of water one needs to drink every day
to maintain a healthy level of hydration.

It depends on your age, weight, active lifestyle, health.

However, there are some general recommendations and during these 9 days we encourage you to drink at least

9 glasses of water per day



or 3 i9 water bottles.



Grink even more!

How the Challenge Works?

- 1 Download and print the Water Drinking challenge fun sheet.
- 2 Drink 9 or more glasses of water per day.
- 3 Send gratitude to water before you drink.

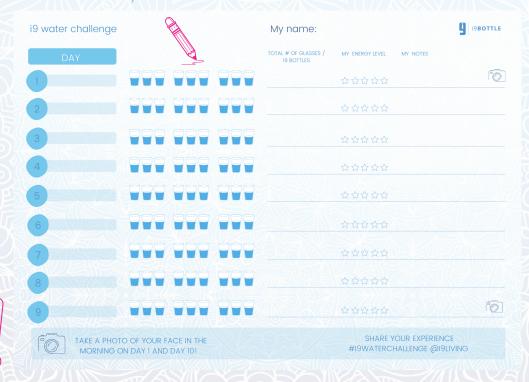


4 Track your consumption using your fun sheet.

♦ Note: only water counts!

Be Nature conscious and drink from reusable water bottles and cups!

colour a glass every time you drink one



Lets talk about prizes!

Share your journey and you can WIN amazing prizes!



3 x i9 Water Bottle

3 x Mobile phone Protection



3 x Energy Place Mat



How to enter?

- share your experience during the challenge on Facebook or Instagram from 22.3. 1.4. 2022
- 2 add #i9waterchallenge
- 3 tag @i9living







Follow us to get some extra TIPS and join the i9 tribe!

What if you are not on FB or Instagram?

No worries.
Share your experience
via email: spela@i9living.com

Winners will be announced on our webpage www.i9living.eu on Monday, 4.4. 2022.



Before you start!



Take a photo of your face in the morning on DAY 1!



Take another photo of your face in the morning after the challenge on DAY 10!





Set your INTENTION and be clear WHY you are doing this challenge!



Invite your friends and do it TOGETHER!

Be mindful about THE WATER you drink!

Do you know that the modern water system robs the water of its vitality?

Unfortunately it is clear the quality of drinking water is getting worse!

The water which we usually drink is depleted and has a bent molecular structure which is not beneficial to our health.

Our bodies need the revived water, because only in this state it can expedite the transport of nutrients to the cells and between them.

The body can change it itself, but to do that it uses energy otherwise used for the protection and reparation of the body.

To stay vital and keep your level of energy high - <u>drink harmonised live water.</u>



NORMED WATER BOTTLE

With i9 bottle - live water is at your reach 24/7!

Informed tag alters the structure of the water.

By adding energy potential to the water it produces structured harmonized live water.