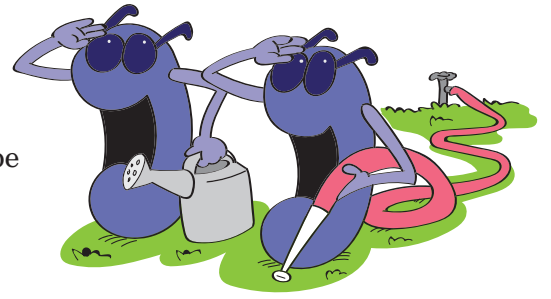


THE ORGANWISE GUYS[®] ACTIVITY

Hi-ya kids,

April is here, which means we are enjoying all the flowers in bloom. The spring flowers depend on two things to grow, water and sunlight. They need both of these things to stay healthy, just like you! This won't be surprising, but we especially think that water is very important to maintaining your health, so be sure to water yourself with six to eight glasses of water every day!



Later,
The Kidney Bros

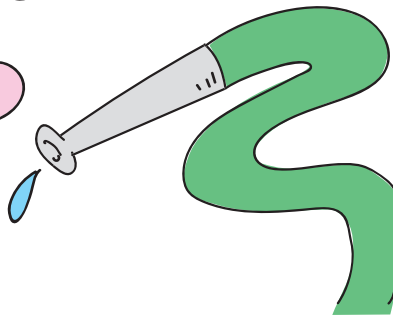
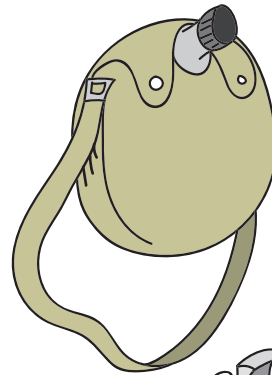
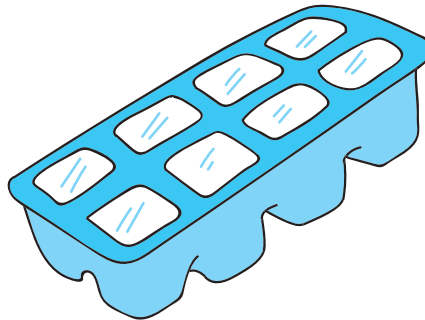
The Kidney Brothers like to drink sixty-four ounces of water (in different forms) per day. Add up the following ounces to see if they've reached their goal today!

Morning: 7 oz. + 4 oz. + 12 oz. + 5 oz. = _____

Afternoon: 8 oz. + 10 oz. + 6 oz. + 6 oz. = _____

Night: 4 oz. + 4 oz. + 6 oz. + 5 oz. = _____

How many total ounces? _____



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