



USLOOBI

— WALK —



LOOBI QUICK TIP #01

“

Drink water before you walk.



Your body will thank you.

WHY IT MATTERS



Helps your body
work better.



Gives you more
energy and focus.



Prepares you for
a stronger walk.



A SMALL SIP TODAY
A **BETTER WALK** TOMORROW!





USLOOBI

— WALK —



LOOBI QUICK TIP #02

“

Drink water 15–30 minutes before your walk.



WHY THIS TIMING?



Drink water



15–30
MINUTES



Step out
and walk!



Your body will be ready,
and your walk will
feel even better!



This gives your body
time to absorb the water
so you feel your best!



HYDRATE FIRST, **THEN** WALK STRONG!





USLOOBI

— WALK —



LOOBI QUICK TIP #03

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**One or two
glasses of water**
is usually enough.



HOW MUCH?

1 glass



Great start!

2 glasses



Even better!



Listen to your body.
Drink what **feels right** for you.

A SIMPLE GUIDE



One or two glasses
before your walk.



Sip and enjoy!
Keep it easy and natural.



SMALL STEP, BIG DIFFERENCE!





USLOOBI

— WALK —



LOOBI QUICK TIP #04

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Make it easy to build **the habit.**

Keep water where you'll see it
before your walk.



PLACE IT WHERE YOU'LL SEE IT



BY YOUR WALKING SHOES

See it. Drink it.
Then go!



NEAR YOUR FRONT DOOR

The perfect
pre-walk reminder.



ON YOUR DESK

Stay hydrated
all day, every day.



OUT OF SIGHT, OUT OF HABIT.

Make water visible,
make the habit automatic!



A SMALL SETUP TODAY A **STRONGER YOU** TOMORROW!





USLOOBI

— WALK —



LOOBI QUICK TIP #05

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Hydrate.



Walk.



Feel better.



★ YOU DID IT! ★

You completed:
**Drink Water
Before Walking**

- ✓ You learned why it matters.
- ✓ You know when to drink.
- ✓ You know how much is enough.
- ✓ You made a plan to build the habit.

≡ **AWESOME WORK!** ≡



COURSE COMPLETE!



You're building a healthier, happier you!

Keep going, Looobi believes in you!



NEXT COURSE:
Better Sleep, Better Energy

