Informal Hydration Website:

Includes:

* Hydration tips
* What are the benefits of hydration
* How hydration improves blood flow and digestion
* Getting rid of brain fog, and improving memory
* Improving daily motor functions
* Improving social health

Website has 3 pages

1. Home page (Index)
2. Calculator section to check what your daily water intake should be based on weight
3. Tips section for staying hydrated day to day
4. Benefits section to describe the benefits of hydration on the body and the brain

The goal of this website is to explain how important it is for the average person to consume water, and enough of it. The calculator section of the website is something that people should take advantage of to make sure they are calculated on how much water they should consume every day in order to achieve maximum hydration. The benefits explained throughout the website should be more than enough to grab the attention of each and every person that visits the website, and urge them to consider developing a better mindset towards hydration if they haven’t so already.