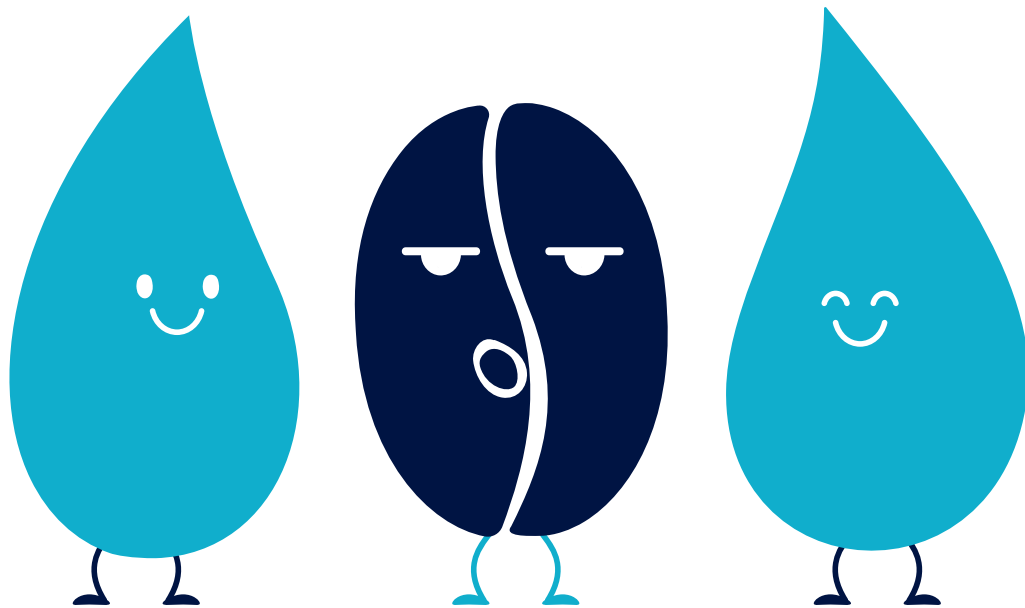




Healthy Heads in Trucks & Sheds



# Less coffee. More water.

Swapping a cup of coffee for a glass of water can help cut your caffeine intake while keeping you fresh too.