



“I love tap water...for showering after my workout and for washing my kit - but

**when I drink water,
I choose natural
mineral water.**

I lead 90-minute, high-intensity training sessions working for up to 12 hours a day. So I drink up to 3 litres of water every day – and I find tap water leaves an unpleasant taste in my mouth. When you’re as concerned about bodies as I am, why would I choose to put that into my system?

I love chemically treated tap water for lots of things –

**but I drink natural
mineral water.”**

Jonathan Goodair, 43
Fitness instructor, London

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