

Published on *FCA Resources* (<https://fcaresources.com>)

[Home](#) > [Top 10 - Drink Water](#)

Top 10 - Drink Water

If you want to get old, get sick, lose your memory, and have less energy, don't drink water!



Fellowship of Christian Athletes © 2024
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909
Comments or Questions, fca@fca.org
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

Source URL: <https://fcaresources.com/podcast/2009/04/01/top-10-drink-water>