# How water keeps you healthy

Your body is mostly (70%) water. Dehydration reduces your attention span and ability to concentrate. Drinking 6-8 glasses a day helps to keep you in top shape.

### BRAIN

Your brain is around 80% water. It controls everything your body does, even when you are asleep.

## MOUTH

If your mouth and lips are feeling dry, it may be time to top up with a glass of water!

#### SKIN

When you get hot, water in your body comes out as sweat. This helps to cool you down.

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Fluoride in tap water helps protect your teeth from tooth decay.

TEETH



#### Keeping hydrated helps your heart to work at its best.

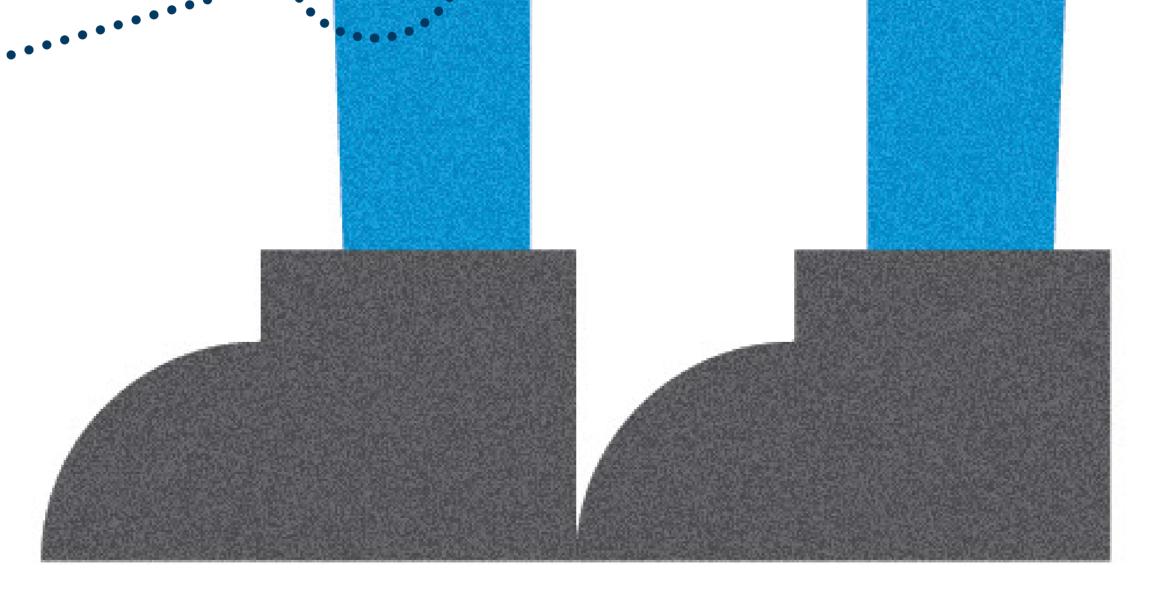
#### Your body loses water every time you breathe. You lose about 1 cup of water each day, just from breathing!

#### STOMACH

Water helps your body digest food to give you energy. Water helps your kidneys to clean out any bad stuff that might be in your body.

**KIDNEYS** 

BLOOD Your blood is around 90% water and carries oxygen and nutrients around the body.



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## BLADDER

Drinking plenty of water helps reduce the risk of bladder infections and kidney stones.



BE SMART CHOOSE TAP