

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.

SKIN

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

HEART

Keeping hydrated helps your heart to work at its best.

STOMACH

Water helps your body digest food to give you energy.

BLOOD

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

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!

TEETH

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

LUNGS

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

KIDNEYS

Water helps your kidneys to clean out any bad stuff that might be in your body.

BLADDER

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