Stay healthy **BRAIN** Your brain is around 80% Stay water and plays a vital role in your **MOUTH** body's response to Thirst is a good hydrated dehydration. measure of your hydration status. By the time you feel thirsty your body has Your body is 70% water, lost between 2 and 5 cups of water! dehydration reduces your attention and ability to TEETH concentrate by 13%. Fluoride in Drinking 6-8 glasses tap water helps a day helps to keep reduce the effect **HEART** of acid in food and you in top shape. Dehydration can drink that can cause have a negative tooth decay impact on the **LUNGS** mechanical function of Your body loses your heart. water every time you breathe; every day you lose the equivalent of one cup of water just through breathing. **STOMACH** Water is a vital component for any healthy diet. **KIDNEYS** Water helps the kidneys eliminate toxic waste, regulate blood composition, mineral and ion levels. **SKIN** Water acts as a moisturiser for your **BLADDER** skin and helps with Drinking plenty of the fluid regulation of water helps reduce your whole body. the risk of bladder infections and **BLOOD** kidney stones. Your blood is around 90% water and carries oxygen

For more facts about water visit our website

tweed.nsw.gov.au/water-wastewater

and nutrients

around the body.



