How water keeps you healthy **BRAIN** Your brain is around 80% water. It controls everything Your body is mostly (70%) water. your body does, Dehydration reduces your attention even when you MOUTH are asleep. span and ability to concentrate. If your mouth and Drinking 6-8 glasses a day helps to lips are feeling dry, it may be time to top keep you in top shape. up with a glass of water! **TEETH SKIN** Fluoride in When you get hot, tap water helps water in your body protect your teeth comes out as sweat. from tooth decay. This helps to cool you down. **HEART** LUNGS Keeping hydrated Your body loses water helps your heart to every time you breathe. work at its best. You lose about 1 cup of water each day, just from breathing! **KIDNEYS STOMACH** Water helps your kidneys to clean out Water helps your any bad stuff that body digest food might be in to give you your body. energy. **BLOOD BLADDER** Your blood is Drinking plenty of around 90% water water helps reduce and carries oxygen the risk of bladder and nutrients infections and around the kidney stones. body.



