How water BRAIN keeps you healthy Your brain is around 80% water. It controls everything Your body is mostly (70%) water. your body does, even when you Dehydration reduces your attention 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.





