

WATER

WHY IT'S IMPORTANT



**WATER HELPS
US DIGEST AND
GET RID OF FOOD.**



Water can help you stay focused by delivering oxygen and other nutrients to your brain and other parts of your body.



**WATER BOOSTS
YOUR IMMUNITY**

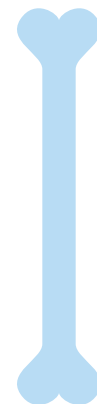
by delivering white blood cells throughout the body.



Up to
65%
of your
body is
water.



Water acts as your own personal thermostat by regulating your internal temperature.



Water provides cushion for your bones, muscles, & organs.

● ● ● ● EVERYTHING YOU NEED TO KNOW ABOUT
DEHYDRATION



Dehydration is the process of your body losing more water than you are bringing in.

SIGNS OF DEHYDRATION

- Being thirsty – Don't wait until you're thirsty to drink water!
- Fatigue
- Dry mouth
- Headaches & dizziness
- Muscle cramps
- Urine check



TIPS TO DRINK MORE WATER



1 Invest in a reusable water bottle to carry with you.



2 Download an app that helps you keep track of your hydration status.



3 Drink a cup of water before every meal. Sip on water throughout the meal.



4 Add flavor to your water by adding lemon, strawberries, or cucumber.



BONUS TIP:

Eat foods with high water content, like watermelon, cucumber, strawberries, celery, apples, and spinach!