

Drink Tap

Health Benefits

Water performs many jobs to keep our body healthy and working how it should. Dehydration can impact the role of vital organs so drink 6-8 glasses of water a day to help keep your brain and body in top condition.

IT'S GOOD FOR US!

Brain: Your brain is about 80% water. Water helps you to concentrate. If you don't drink enough water you can get headaches and feel tired.

Eyes: Water lubricates and cleans our eyes.

Mouth: Water helps to keep our mouths clean by rinsing out food crumbs and debris from our teeth and tongue. It also moistens our throat as it travels downwards.

Intestines: Water helps us to get the nutrients out of the food we eat and to move the food through the intestines.

Blood: Water makes up about 90% of our blood. It helps carry oxygen and nutrients to parts of our body.

Pancreas: Water is needed here to help break down proteins, carbohydrates and fats.

Kidneys: Our kidneys filter waste out of our blood. Water helps our kidneys to stay clean.

Liver: The liver needs water to help to break down fats and toxins, and to make food useful for our body.

Lungs: When you breathe in through your nose, water moistens the air to help the lungs work properly.

Bladder: Here the 'waste water' is stored. This is the last stop for water in your body.

Joints: Water lubricates and protects our joints like elbows and knees.

Skin: When we perspire we lose water through our skin to cool our body.

Environmental Benefits

Drinking tap water is much better for the environment as it doesn't require any packaging or shipping. Most empty PET water bottles end-up in landfill, so use a refillable water bottle and fill it from the tap.

IT'S GOOD FOR THE ENVIRONMENT!

Tap water is better for the environment because:

- Only 36% of bottled water containers are recycled
- Bottles are in the top 10 most littered items
- Majority end up in landfill – can take up to 1000 years to break down
- It can take up to 3 litres of water and 250ml's of oil to produce 1 litre of bottled water
- Tap water has 1% of the environmental impact of bottled water

Cost Benefits

One litre of bottled water could cost \$3 but for the same price you can refill a one litre bottle from the tap, every day, for over 3 years!

IT'S GOOD FOR OUR HIP POCKET!

Tap water is cheap, but even so Australian's spend more than \$500 million a year on bottled water.

The charge for 1 litre of bottled water is up to 2000 times the cost of tap water.

Over 90% of the cost of a bottle can be traced back to the bottle, lid or label.

