

# Stay healthy, stay hydrated

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.



**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.

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

**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.

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

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

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

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

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

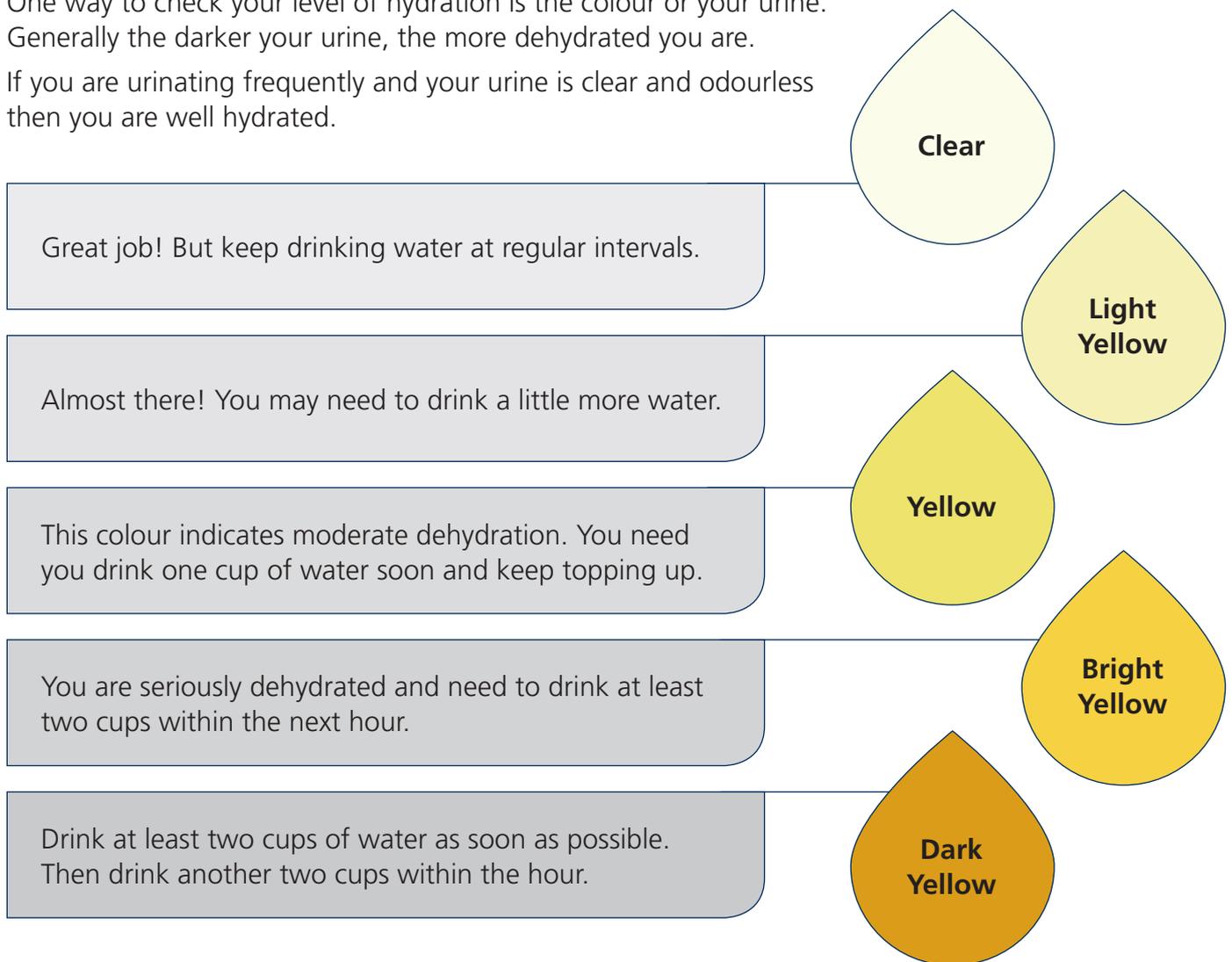
**Joints:** Water lubricates and protects our joints like elbows and knees.

# Stay healthy, stay hydrated

It is important to stay hydrated when you're at school, home or being active. It is recommended that we drink 8 glasses or more of water each day.



We need this amount of water to keep our body working properly. One way to check your level of hydration is the colour of your urine. Generally the darker your urine, the more dehydrated you are. If you are urinating frequently and your urine is clear and odourless then you are well hydrated.



**Sugary or caffeinated drinks dehydrate – limit how many of these you have each day.**

**Water is really vital to your health,  
70% of your body is made from it!**

For more facts about how you can stay healthy and hydrated, visit our website [newater.com.au/drinktap](http://newater.com.au/drinktap)

