Always Remember:

1. Water is life.
2. Drinking water gives you a healthy body and mind.

References


TapIt Metro DC (2016). Network of water bottle fill stations. Online: freetapwater.wordpress.com


Carnaval de San Miguel Photo credit: Roberto Burgos
Water is the most important nutrient. All systems in your body depend on water - whether it’s carrying food to your cells or removing toxins from your body, water helps your body work more efficiently.

**Tips to help you drink more water:**

- Drink a glass of water with every meal. This is a good way to help reduce the calories you consume.
- Keep a full bottle of water with you at all times.

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**WATER UP!**

Add a slice of lemon to your water. This can help improve the taste and help you to drink more water regularly.

Drinking water helps reduce heart disease. Being hydrated reduces your chance of developing high blood pressure, blood clots, and brain damage among other conditions.

Be more alert. Drinking water can help you maintain better focus and improve your memory.

Boost your mood. Dehydration can make you irritable, drink water to be happier.

Maintain a healthy weight. Drinking water instead of sugary drinks will help you reduce the calories you drink.

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**FOR YOUR HEALTH**

Is your body made up of SODA or WATER?

- Human blood is made of 92% water
- Bones are made of 22% water
- Muscles are made of 75% water
- The brain is made of 75% water

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**THE HUMAN BODY IS...WATER.**