

wellness

WATER

# Your Body's Full of Water

For the human body, water is vital. About two-thirds of your body weight comes from water. The average adult weighing 150 pounds, for example, has about 100 pounds of water in his or her body. That's about 100 quarts of water.

Where is all that water?

- Your blood is 83 percent water
- Your muscles are 75 percent water
- Your brain is 74 percent water
- Your bones are 22 percent water

School Datebooks



## Water's Benefits

Water is indeed all it's cracked up to be. Discover the benefits of that water:

- ✓ Helps you digest and absorb nutrients
- ✓ Contributes to a healthy body
- ✓ Carries waste from your body
- ✓ Boosts your energy
- ✓ Helps your skin
- ✓ Reduces the risk of certain cancers
- ✓ Gives you a feeling of fullness, which may help you avoid overeating

*Another important benefit: Water is free!*

## Too Little Water Spells Trouble

If you're not drinking enough water, you could be raining on your own parade. Without sufficient water, you may experience:

- Dizziness or light headedness
- Impaired short-term memory
- Sleepiness during the day
- Trouble doing math
- Reduced focus

## My Water Log

I drank water today:

- When I woke up
- After I brushed my teeth
- Before my classes
- At lunch
- After PE
- After school
- While I did my homework
- After sports activity
- At supper
- Later in the evening

DO NOT SUBMIT FOR PRINT

"Water is the best of all things."  
— Pinder