

# wellness

# WATER

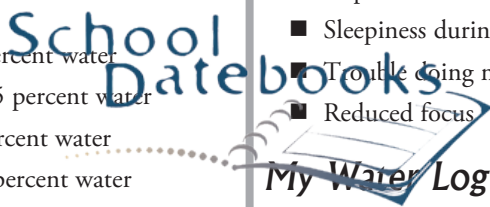
## Your Body's Full of Water

For the human body, water is vital. About two-thirds of your body weight comes from water. For adults weighing 150 pounds, their bodies are vessels that carry between 70 and 75 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

**REVIEW ONLY**



## Too Little Water Spells Trouble

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

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

## Water's Benefits

Water is indeed all it's cracked up to be. Consider that water:

- Helps you digest and absorb vitamins
- 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!*

**DO NOT SUBMIT FOR PRINT**

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