

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 40 and 50 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

## 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!*

## 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 lightheadedness
- Impaired short-term memory
- Sleepiness during the day
- Trouble doing math
- Reduced focus

## My Water Log

I drank water today:

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

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

REVIEW ONLY

School Datebooks

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