

# Stay healthy Stay hydrated

Your body is 70% water, dehydration reduces your attention and ability to concentrate by 13%. Drinking 6-8 glasses a day helps to keep you in top shape.

**STOMACH**  
Water is a vital component for any healthy diet.

**SKIN**  
Water acts as a moisturiser for your skin and helps with the fluid regulation of your whole body.

**BLOOD**  
Your blood is around 90% water and carries oxygen and nutrients around the body.

**HEART**  
Dehydration can have a negative impact on the mechanical function of your heart.

**BRAIN**  
Your brain is around 80% water and plays a vital role in your body's response to dehydration.

**MOUTH**  
Thirst is a good measure of your hydration status. By the time you feel thirsty your body has lost between 2 and 5 cups of water!

**TEETH**  
Fluoride in tap water helps reduce the effect of acid in food and drink that can cause tooth decay

**LUNGS**  
Your body loses water every time you breathe; every day you lose the equivalent of one cup of water just through breathing.

**KIDNEYS**  
Water helps the kidneys eliminate toxic waste, regulate blood composition, mineral and ion levels.

**BLADDER**  
Drinking plenty of water helps reduce the risk of bladder infections and kidney stones.

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



**BE  
SMART  
CHOOSE  
TAP**