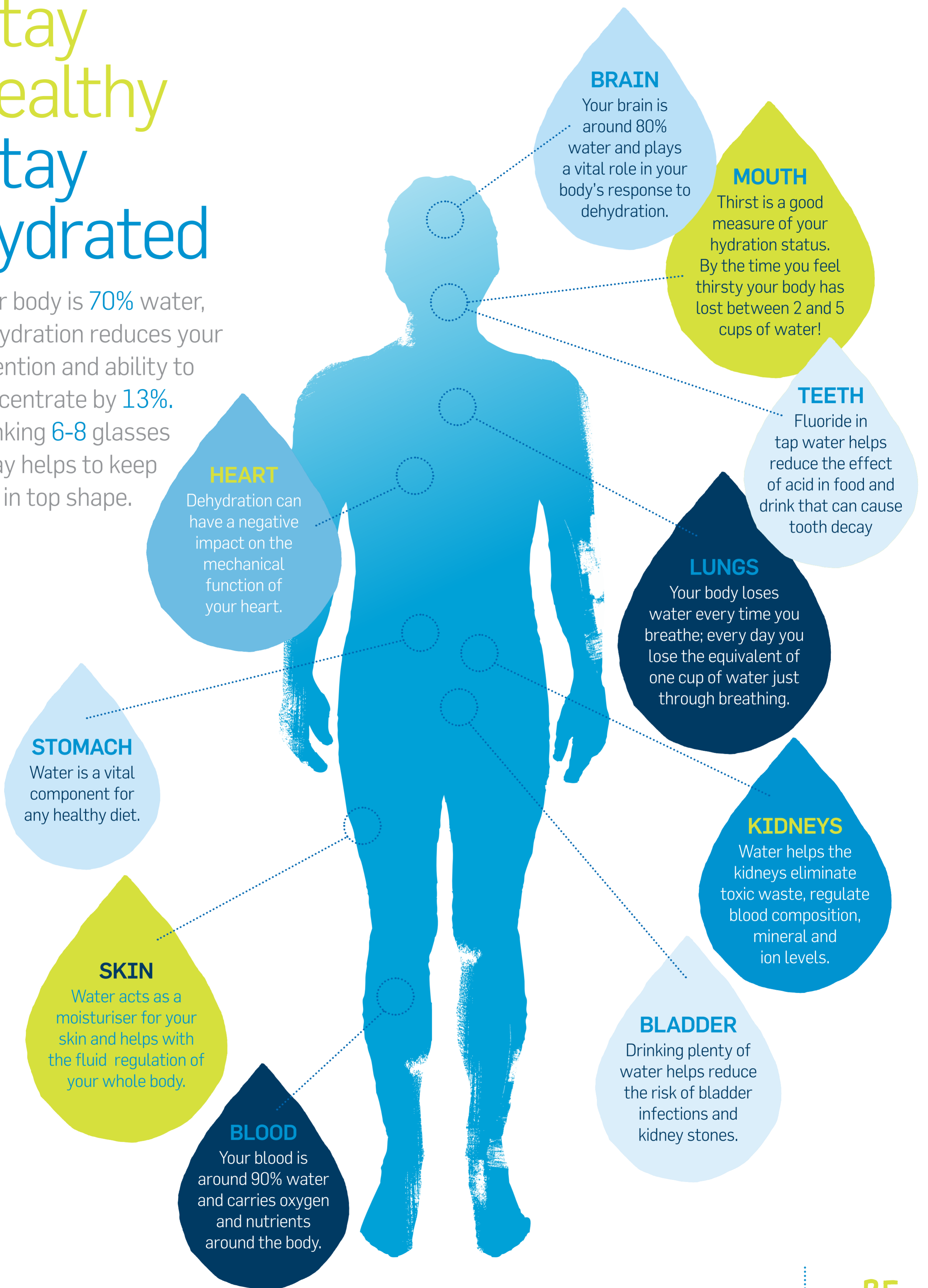


Stay healthy Stay hydrated

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.



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.

HEART

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

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.

For more facts about how you can stay healthy and stay hydrated visit our website

chw.net.au/choosetap



CENTRAL
HIGHLANDS
WATER

BE
SMART
CHOOSE
TAP