

# 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.

## 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.

## 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

[chw.net.au/choosetap](http://chw.net.au/choosetap)



**BE  
SMART  
CHOOSE  
TAP**