



Water Is Wonderful!

Fast Facts about Water

- Up to 60% of an adult's body is made up of water. For children and teens, the percentage is usually higher than for adults. Although you can survive without solid food for weeks, trying to live without water for even a few days can cause dehydration that can kill someone.
- Water regulates our body temperature, lubricates our joints and acts as a "shock absorber" for the brain. Water helps to deliver oxygen all over the body.
- Water with added fluoride ("fluoridated water") is proven to strengthen the enamel coating on teeth and make them more resistant to cavities. Most public water systems in West Virginia add fluoride to the water they pump to local homes and businesses.

Do You Drink Enough Water?

- Your heart works hard, pumping about 2,000 gallons of blood each day. Drinking plenty of water helps your heart do its job. And a heart that can pump blood more easily allows the muscles in your body work better.
- People who are more active or athletic need to drink more water than others. People who have diabetes and other medical conditions are also encouraged to drink more water. Get more details [right here](#).

Make It Fun!

Here are 5 ways to add some fun to your glass or water bottle:

- Add plenty of ice (for many people, colder tastes better)
- Insert a slice of lime, lemon or orange
- Crush a handful of berries and add them
- Add a slice of cucumber
- Add a sprig of fresh mint

For more information about drinking healthy beverages,
visit www.RethinkYourDrinkWV.com

