

**Water facts and Suggestions**

Drinking water is a very healthy alternative to drinking soft drinks.

If your urine is dark yellow it is a sign you need to drink water. If your urine is light yellow or clear it is clear you are hydrated. Well done!



A person cannot survive for more than a few days. without it.

Pack a water bottle with you whenever you go out!

Water is in lymph, a fluid that is part of your immune system that helps you fight illness.

When you are physically active, it is important to drink water **before, during** and **after** physical activity.

Water makes up more than half of your body weight.

Water keeps you hydrated and stops your body from over-heating.

Water is in your blood and helps to carry oxygen.

Water is needed by every cell to function properly.

Choose water as a drink and eat fruits and vegetables as they contain lots of water.

Without water your body would stop working properly!