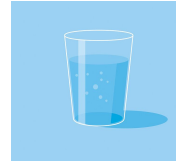




WATER



FUN FACTS

- The average human body is made up of about 55-60% water.
- Newborn human babies are about 75% water.
- Water helps our bodies regulate temperature (stay cool).
- There is water inside our blood.
- Water is not only in the blood, but also in the brain and heart.
- Everyday we as humans lose 2-3 liters of water through breathing, sweating and using the bathroom.
- Not drinking enough water will negatively impact your energy, mood, skin moisture, and blood pressure.
- How much water we should drink is dependent on who you are and what you do (weight and environment).

