



Why Your Body Needs Water

- All living things need water
- Used in every cell, tissue, and organ in the body
- Regulates body temperature
- Helps maintain brain function and concentration
- Moistens oxygen we breathe
- Makes up more than 80% of our blood
- Helps convert food into energy
- Helps body absorb nutrients
- Protects and cushions our vital organs
- Removes waste
- Makes up more than 70% of muscle and 20% of bone
- Lubricates and cushions joints
- Proper balance helps keep us healthy