



1. Water makes up approximately 70% of our body weight & 80% of the brain tissue.
2. By the time you feel thirsty, your body has lost more than 1% of it's total water- so let's not feel thirst.
3. Drinking water can help you lose weight by increasing your metabolism
4. The average person could live without food for nearly a month, but we could only survive one week without water.
5. Drinking enough water every day can help reduce heart disease, arthritis, cancer, cavities and tooth decay.
6. There is the same amount of water on earth as there was when the planet was formed. The water you drink could

share the same molecules that dinosaurs drank.

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