

Drink more *Water*

Make drinking water part of your daily routine

Drink 7 or 8 glasses throughout the day

Sip water throughout the day

Water is vital for your physical and mental well-being and helps prevent ill health and disease such as cancer, heart and kidney disease and obesity

Did you know?

- Your body is two-thirds water
- Your bones are one-third water
- Your brain three-quarters water

Our bodies need water to:

- Regulate temperature
- Prevent build up of salt
- Carry food to all the organs
- Remove waste

Sip water throughout the day

Water contains essential minerals:

Calcium, Magnesium, Lithium, Iron, Zinc, Copper, Manganese

