

## The Importance of Drinking Water



*water is essential to life*

Brain 75%  
Heart 75%  
Lungs 86%  
Kidneys 83%  
Blood 83%  
Muscles 75%

**2/3 of your body weight is water.**

**Water helps keep your muscles and skin toned, assists in weight loss, transports oxygen and nutrients to cells, eliminates toxins and wastes from the body, and regulates body temperature. Drinking refreshing, clean water plays a major role in reducing the risk of certain diseases.**

**For better health, drink at least 8 glasses of clean water a day!**

