



ESSEX & SUFFOLK WATER

Feel thirsty



Feel thirsty?



By the time you feel thirsty your body has already lost 2-5 cups of water. Once thirsty your attention and concentration go down by 13% and your short term memory by 7%.

Can it make me fit?



Drinking enough water helps you to increase fitness levels.



Can it make me fit

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Can it make me clever



Can it make me clever?

$$2593 \times 23 =$$



How much water do I lose in a day?



How much water do I lose in a day

Water is proven to increase attention and concentration helping you to learn more. Every day you lose the same amount as a can of drink just by breathing. You lose it in other ways too!

Does water help my blood?



Water in your blood helps deliver food, oxygen and other useful things your cells need to keep going.

How many glasses should I drink?



You should drink plenty of water every day. The amount you need depends on how heavy you are, how active you are, and what the weather is like. (usually about 6 glasses)

How many glasses should I drink



How much water is in my brain



How much water is in my brain?

Your brain is mostly made of water so even being a little dehydrated can cause headaches and dizziness. (dehydrated means not having enough water)

Is water cool?



It helps every cell in our bodies stay healthy.

Is water cool



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Why water is so important



ESSEX & SUFFOLK
WATER