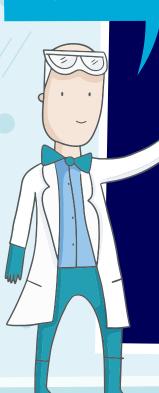
WIN WE NEED WATER



Hi, Professor H,O here!

I want to show you some of the ways water is working in your body right now!



lt's a brain pleaser

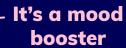
Water delivers nutrients to the brain and removes toxins. Its also improves your concentration and cushions your brain, spinal cord and other tissues.

lt's an oxygen transporter

Water helps deliver oxygen and nutrients to your cells, including your muscles.

It's a food chomper

If you drink water during or after your meal, it will help break down your food and allow your body to absorb more nutrients.



Water helps stimulate the flow of nutrients and hormones, which in turn release endorphins that make you feel happier.

It's a joint shifter

Synovial fluid helps to reduce friction in your joints, keeping them healthy. And guess what? Synovial fluid is made up mostly of water.

It's a waste washer

Your kidneys use water to filter out toxins and flush out the waste.

90%.
of our blood is made up of water!

60-second quiz!

- How does water help to make you feel happy?
- In which part of the body does water help to filter out toxins?
- What is the name of the fluid that keeps your joints healthy?
- Why is it important to drink water during your meals?

Amazing fact!

Your small and large intestines are more than **20 feet long...** that's about as tall as a giraffe!