Water makes up about 60% of your body and every body system needs water to work correctly. Water is lost every day through breathing, sweating, urine, and bowel movements. To stay healthy, it is important to replenish your water stores through water, other beverages, and food. Getting too little water can cause dehydration and leads to lack of energy which results in your body not being able to perform normal functions. A good way to tell if you are drinking enough fluid is by rarely feeling thirsty and having colorless or light yellow urine. The picture below shows many of the important functions of water in your body. Drink Up and Power Up with Water!

- **Composes 70% of brain**
- **Moistens mouth, eyes, nose, and lungs for breathing**
- **Regulates body temperature**
- **Makes up 75% of muscles**
- **Makes up 83% of blood**
- **Helps convert food into energy**
- **Protects and cushions vital organs**
- **Helps kidneys and liver flush out waste products**
- **Helps absorb nutrients**
- **Lubricates joints**
- **Helps prevent constipation**
- **Makes up 22% of bones**
- **Makes up 75% of bones**

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