



Do You Know About Water?

The oceans are filled with it. Rain and snow are made of it, and so is two-thirds of your body. What is “it”? Water! Life simply wouldn’t be possible without water. Seems simple enough...drink several glasses of water a day and that’s it. But guess what? There’s more to the story than just that!

The water we drink is a combination of surface water from lakes, rivers, and streams, as well as groundwater that can be close to the surface or deep under your feet! Some people get their drinking water at home from wells buried underground, while others get it from a public water system.

Here are some more amazing facts about Water...

- Only 3% of the water on Earth is drinkable fresh water. The other 97% is all salt water!
- Fresh water lakes, rivers and groundwater only account for 1% of all of the water on Earth!
- A new technology, called desalinization, removes the salt from salt water and turns it into drinkable fresh water!
- Humans require about 2 ½ quarts of water every day!
- A person can live for more than a month without food, but only about one week without water!
- Your brain is 85% water and your bones are 35% water!
- All in all, your body is $\frac{2}{3}$ water!

Be sure that you drink water every day and keep your body properly hydrated! It may be the most important thing you do all day!

- The water that exists on Earth is the same water that was here when the dinosaurs were still alive! The water in your glass may very well have fallen as rain on the head of a T-Rex millions of years ago!

What does Water do for me?

- Helps regulate body temperature
- Assists in the digestion of food
- Ensures the right nutrients get delivered to the parts of the body that need them
- Aids in the removal of waste in the body
- It is the main component of your blood
- Helps remove carbon dioxide from the body

