**Water is Important**

Whether you sip it or swig it, you need water to survive. All living things do. Water makes up more than half your body weight. Drinking water regularly does more than quench your thirst. It helps nourish your body with nutrients and clean out wastes so your body can stay healthy. If you don’t drink enough fluids, you can become dehydrated and your body will slow down. Water keeps your body healthy, refreshed and ready to go.

**Five ways to add more water to your diet:**

1. Carry water with you to school and to play so you won’t be thirsty.
2. Drink water before, during and after physical activity.
3. Eat more fruits and vegetables – they contain lots of water.
4. Drink water instead of higher calorie sodas or sugary juices.
5. Drink a glass of water during dinner.

Presented nationally by: