WATER KEEPS YOU HYDRATED AND ALIVE

Guess the water level in different parts of Human Body?

- Skin: A. 60%  B. 80%  C. 75%
- Muscle: A. 75%  B. 45%  C. 85%
- Brain: A. 70%  B. 80%  C. 50%
- Blood: A. 8%  B. 82%  C. 83%
- Bones: A. 62%  B. 42%  C. 22%

**Joint Protection**
Water helps to keep your joints lubricated and flexible. The synovial fluid that directly lubricates your joints is made up primarily of water.

**Healthy Skin**
Drinking enough water helps the body to flush out toxins while giving you healthier skin. Drinking water increases the blood flow to the skin which gives it an even tone.

**Nutrients Delivery**
The water we drink is absorbed by the intestines, and circulated throughout the body in the form of body fluids, which delivers oxygen and nutrients to the cells, and takes away waste material.

**Strong Muscles**
Water carries oxygen to the cells of your body, including those of your muscles. Being well-hydrated enables your muscles to work longer and harder before they feel tired.

**Healthy Breathing**
Drinking water helps to thin the mucus lining of your airways and lungs. Dehydration can cause that mucus to thicken and get sticky, which slows down overall respiration.

**Good Digestion**
Our digestion starts with saliva, which is primarily made of water. Water and other liquids help break down food so that your body can absorb the nutrients, aiding the process of digestion.

**Body Temperature**
Water has the capacity to regulate the internal temperature of the body in response to the external temperature. Sweat is the main means by which water prevents overheating in the human body.

**Blood Circulation**
When you are dehydrated, your blood retains more sodium which thickens your blood. Keeping your body hydrated helps your heart pump blood more easily by reducing its thickness.