

THREE REASONS WHY

WATER'S COOL @ school!

FROM DELTA DENTAL OF TENNESSEE

1

Your Teeth!

Sweet drinks taste good, but lots of sugar can mean lots of rotten teeth! Check out the sugar in these common drink options.



2

You'll have more energy!

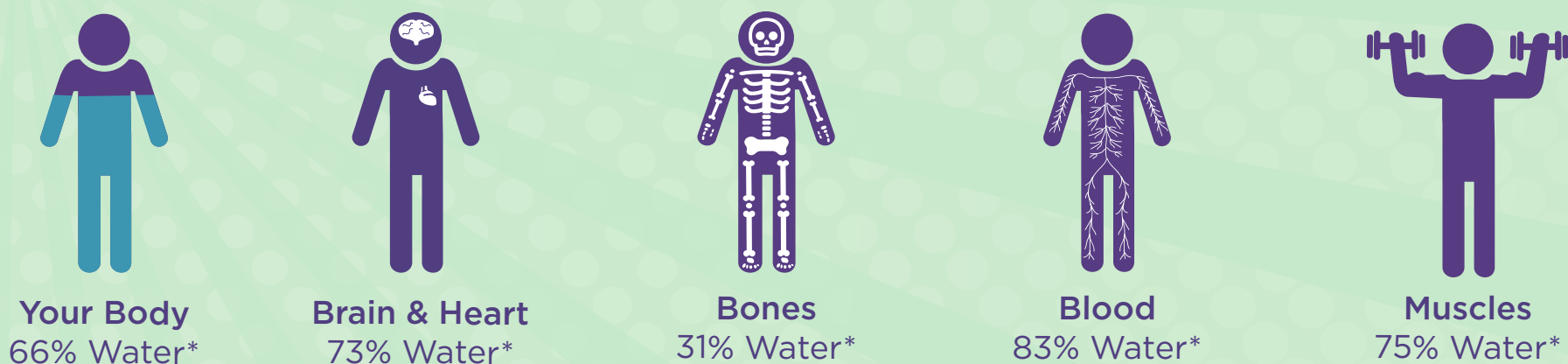
Dehydration is when your body does not have enough water. When you're dehydrated, you could feel thirsty, sad, or like you need a nap. To feel better, try drinking eight glasses of water a day.



3

Your Guts!

Did you know 66% of your body is made of water? Your body sheds water when you sweat, go to the restroom, have a fever, and even when you breathe. When you don't have enough water in your body, your brain, bones, organs and muscles don't work as well as they could.



* <https://www.healthline.com/health/body-water-percentage#body-water-storage>