

THE IMPORTANCE OF WATER

INFOGRAPHIC

WHY DOES OUR BODY NEED WATER?



Water helps our brains to function properly



Water helps us to control our body temperature

Water helps us to move nutrients across the body

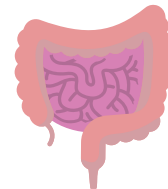


Water helps to protect our heart



Water helps to cushion our joints

Water helps us to remove toxins and waste from the body



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