NORTHUMBRIAN WATER *living water*

WATER FOR HEALTH

Essex & Suffolk Water provides you with high quality drinking water, supplied to your home every day. Drinking more water could help to improve your health and fitness.

FEEL THIRSTY?

By the time you are thirsty you have already lost enough water to reduce your concentration by 13%.

Your mental performance improves when you drinking plently of water, as you are not distracted by feelings of thirst, tiredness and irritability.

HOW MUCH WATER IS IN MY BRAIN?

Your brain is mostly made of water so even being a little dehydrated can cause headaches and dizziness.

Drinking small amounts of water throughout the day help the brain to work more efficiently. The brain works most effectivley when it is fully hydrated.

IS WATER VITAL FOR LIFE?

Our bodies need water to survive and be healthy.

Without water we would die in less than a week.

WHY IS WATER GOOD FOR ME?

Water helps every cell in our body stay healthy.

It doesn't contain any sugars so is good for our teeth and it is totally calorie and cholesterol free so it is the healthiest way to quench your thirst.

Water is the most natural thing you can drink. Our bodies are 70% water and our brains are 78% water, so it is important to keep our minds and bodies active.

HOW MANY GLASSES SHOULD I DRINK?

The amount you need depends on how heavy you are, how active you are and what the weather is like.

You should try to drink around 6-8 glasses a day. More in hot weather or when you are active.

DOES WATER HELP MY BLOOD?

Water in your blood helps deliver food, oxygen and other useful things your cells need to keep going.

By drinking plenty of water you can help to prevent a range of problems from headaches to kidney issues.

A HEALTHY DRINK?

Water is a naturally healthy drink.

Many artificial drinks are high in sugar, caffeine and artificial additives. Water doesn't harm your teeth and is available straight from the tap.