

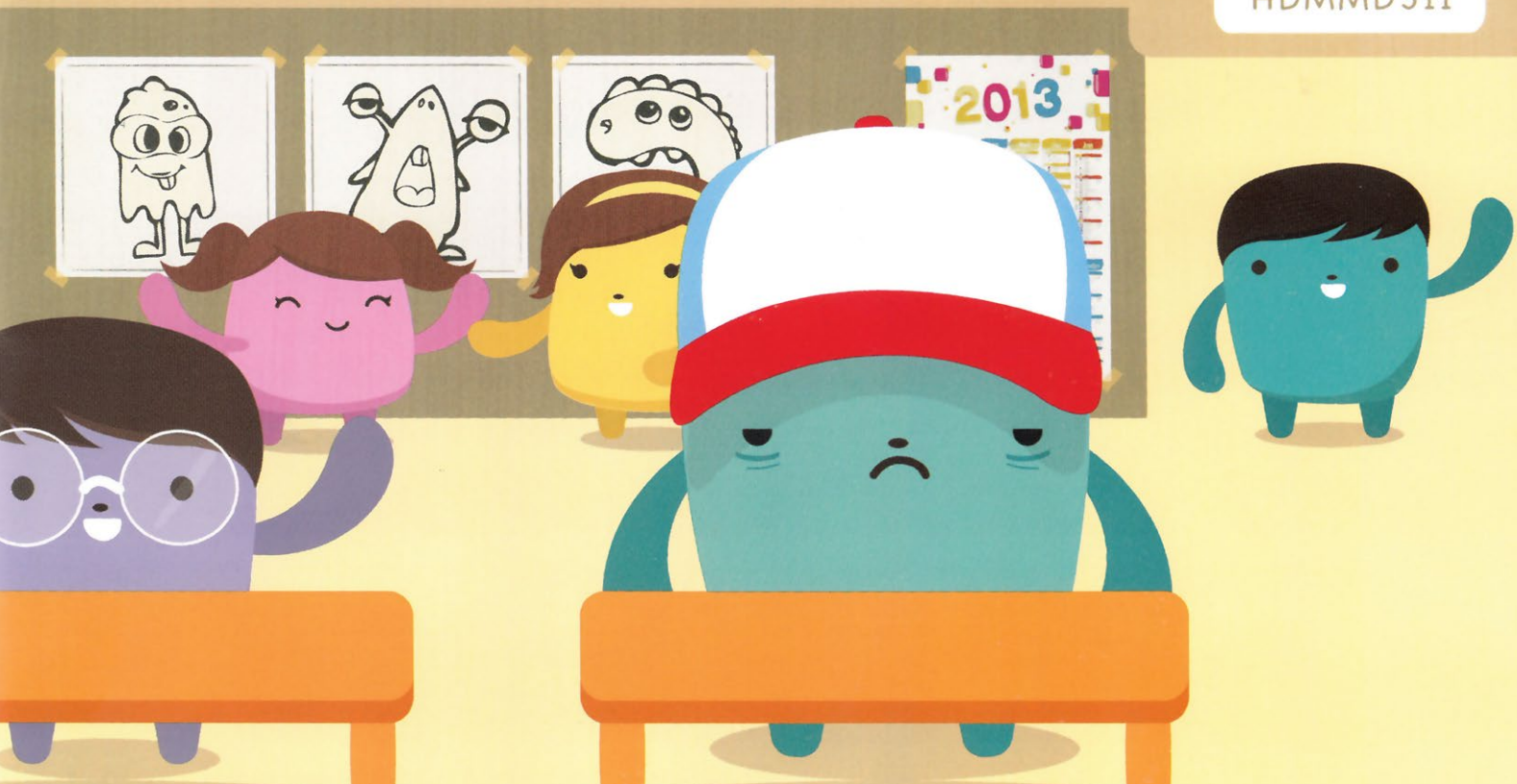


Water for Life



At school the other day, I met someone I felt sorry for.

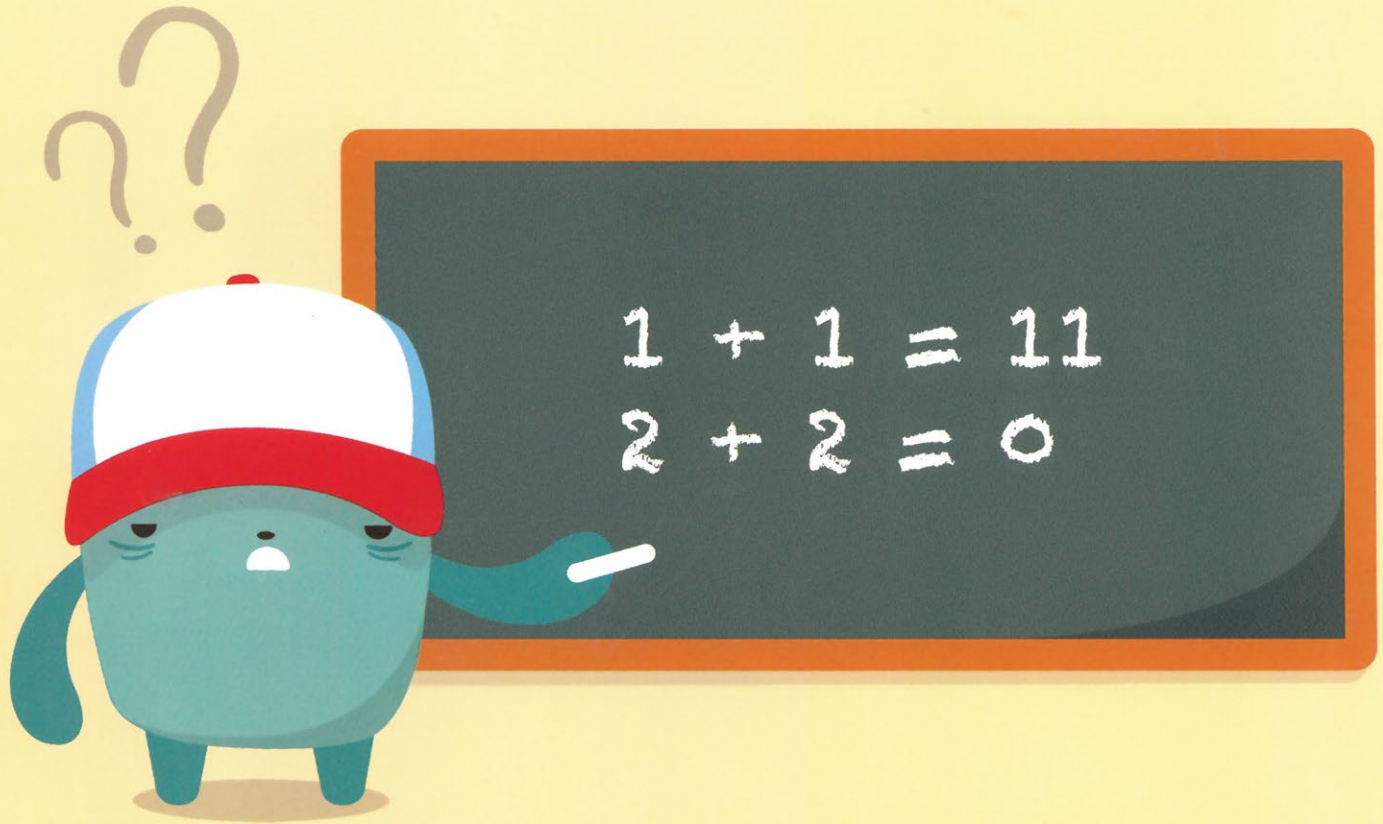
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He looked tired and pale and he had a headache.



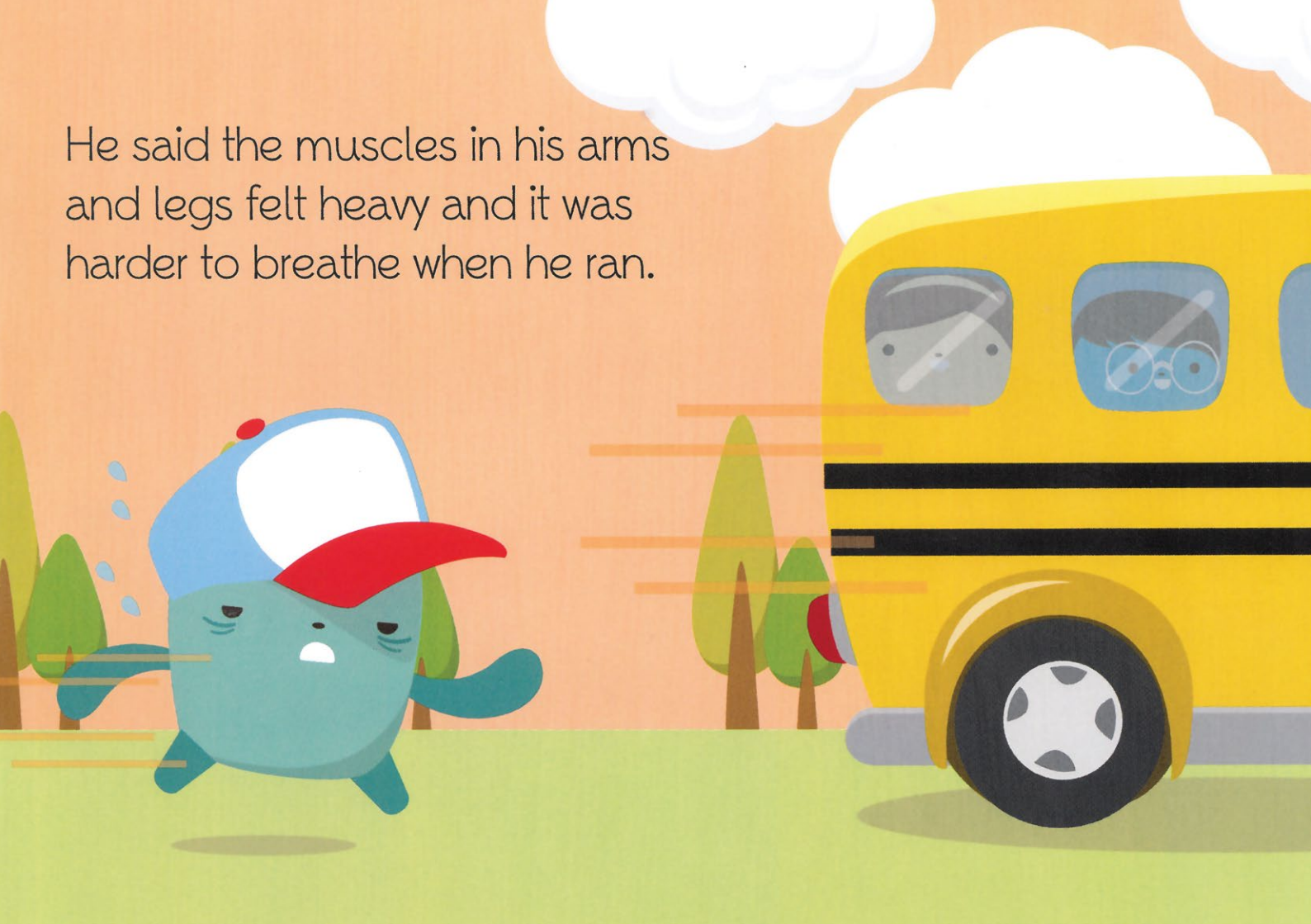
During class, he couldn't concentrate on what the teacher was saying and found it really hard to do maths exercises.



At lunchtime he tried to play on the oval, but he couldn't run or catch the ball like usual and he didn't have much fun.



He said the muscles in his arms  
and legs felt heavy and it was  
harder to breathe when he ran.



After school he said he wasn't hungry or thirsty but his mum made him drink two big glasses of water.





And... he started to feel better.



He asked his mum why and she said...





“Most of your body – more than two thirds – is made of water, but it loses water every day through sweat...”

“...going to the toilet...”




“...and even breathing, so you need to replace it.”






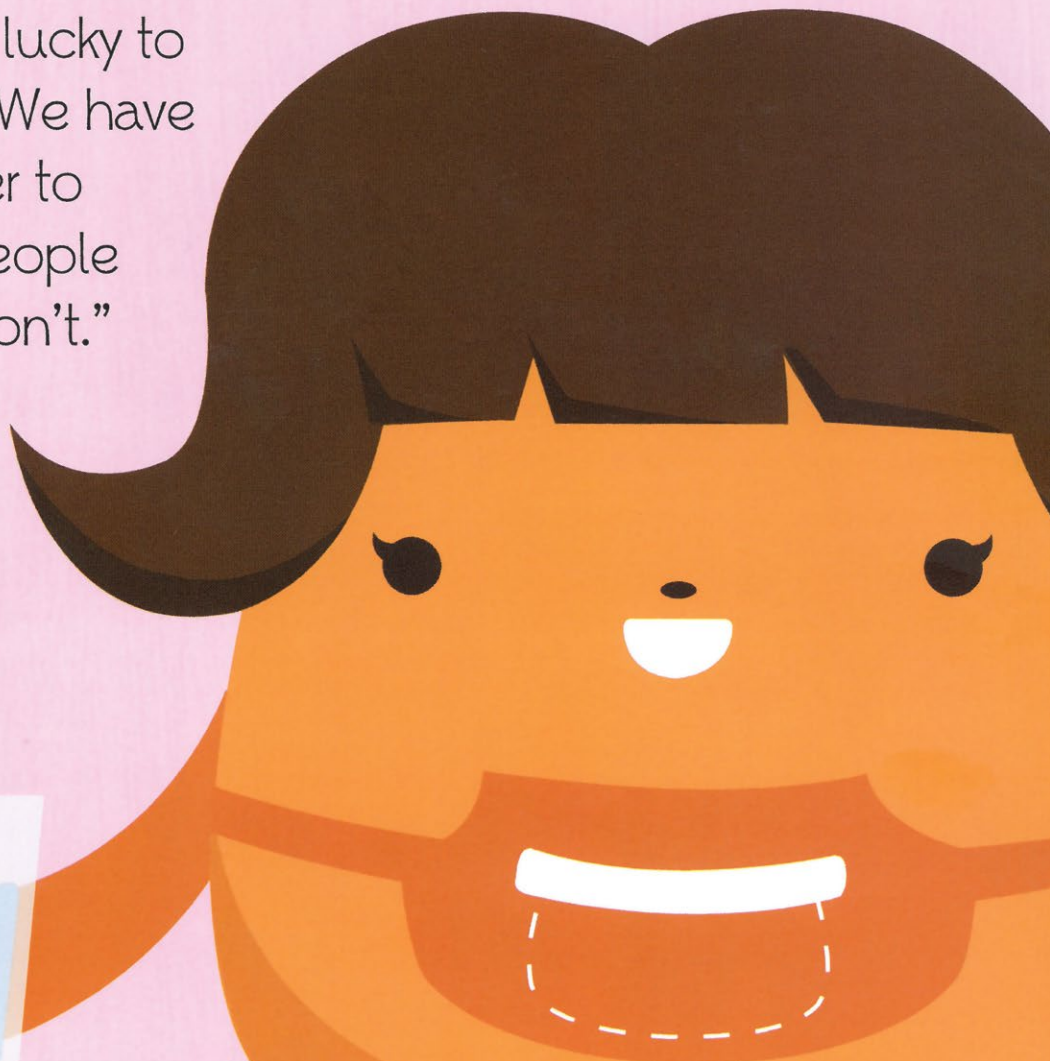
“Your brain is 80% water, your muscles are 75% water and every single part of your body needs water to work properly.”



“Being able to concentrate,  
feel alert, alive, healthy and  
energetic, can be as simple  
as making sure you drink  
enough water.”


$$\begin{array}{r} 1 + 1 = 2 \\ 2 + 2 = 4 \end{array}$$

“In Australia, we are lucky to be able to do that. We have clean, safe tap water to drink while lots of people in other countries don’t.”





The boy was so relieved to hear all this.  
How do I know that?



Because that boy was me. Now I know how to make sure  
I never meet that tired, dehydrated person again.



Speaking of being dehydrated,  
when was the last time you  
had a drink of water?





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Written by Bridget Cull

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Advice

[www.smartwateradvice.org](http://www.smartwateradvice.org)



[www.swinburne.edu.au](http://www.swinburne.edu.au)





Come and meet someone I know who hasn't been feeling too well. He has a story to tell about why it's important for us to drink plenty of water.

Written by Bridget Cull and illustrated by Digital Media Design students at Swinburne University of Technology.

