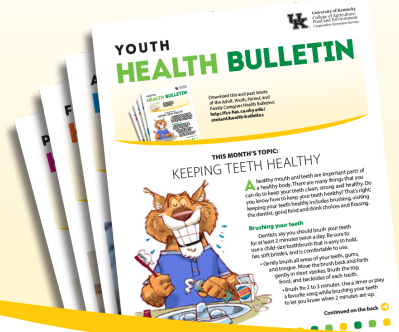


YOUTH HEALTH BULLETIN



JULY 2025

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THIS MONTH'S TOPIC

WATER FOR WELLNESS



Water is everywhere! It is in lakes and rivers, in the pipes in our homes, and even in the clouds. But did you know that water is also inside our bodies? About 60% of our bodies are made of water! Isn't that cool?

That is why drinking water is so important. Our bodies need a lot of water to work well. Water makes up more than half of our body weight, and without it, we cannot live for more than a few days. Why is water so important? Our bodies have many jobs to do, and water helps us do them. For example, our blood has

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a lot of water in it, and it carries oxygen to all the tiny parts of our body. Without oxygen, those parts would not work, and we would not be able to live.

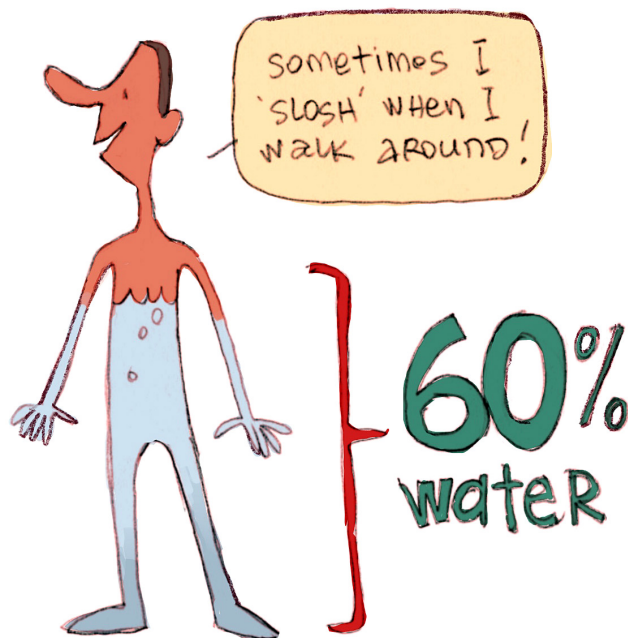
Water is also important for our immune system, which helps us fight off sickness. We need water to digest our food, make energy, and get rid of waste. Plus, sweat is mostly water, which helps keep our bodies cool.

So, how much water should you drink? Generally, children over the age of 8 should drink at least 8 cups of water per day. You will need to drink more water if you are sick, exercising, or spending time outside in hot weather.

That may sound like a lot, but drinking some throughout the day, with meals and snacks, and anytime you feel thirsty, should go a long way to accomplishing this goal. It is also important to drink water before and after exercising, playing sports, or playing outside when it is hot. It may be helpful to carry a water bottle with you when you go to school, play sports, or go outside to play.

Here are some other tips to help you drink enough water every day:

- **Place your water bottle in a place where you will remember to take it with you.** It might be helpful to have a water bottle for



school to keep in your backpack. Remember to take it out to clean and refill it at night.

- **If you prefer to drink cold water, add ice!** Using an insulated or metal water bottle will also help keep your water cold.
- **Make water your drink of choice at meals, instead of soda or juice.** To flavor your water, try adding fruit like berries or melon, vegetables like cucumbers, or herbs like mint.
- **Try to habit-stack.** For example, every time you finish brushing your teeth, drink a small cup of water.
- **Some people find it easier to drink more out of a straw.** If you struggle to drink enough water out of a bottle or cup, try using a straw.

Remember, your body needs water throughout the day to stay healthy and hydrated, to feel its best, and to grow. So, drink up!

REFERENCE:

<https://kidshealth.org/en/kids/water.html>

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