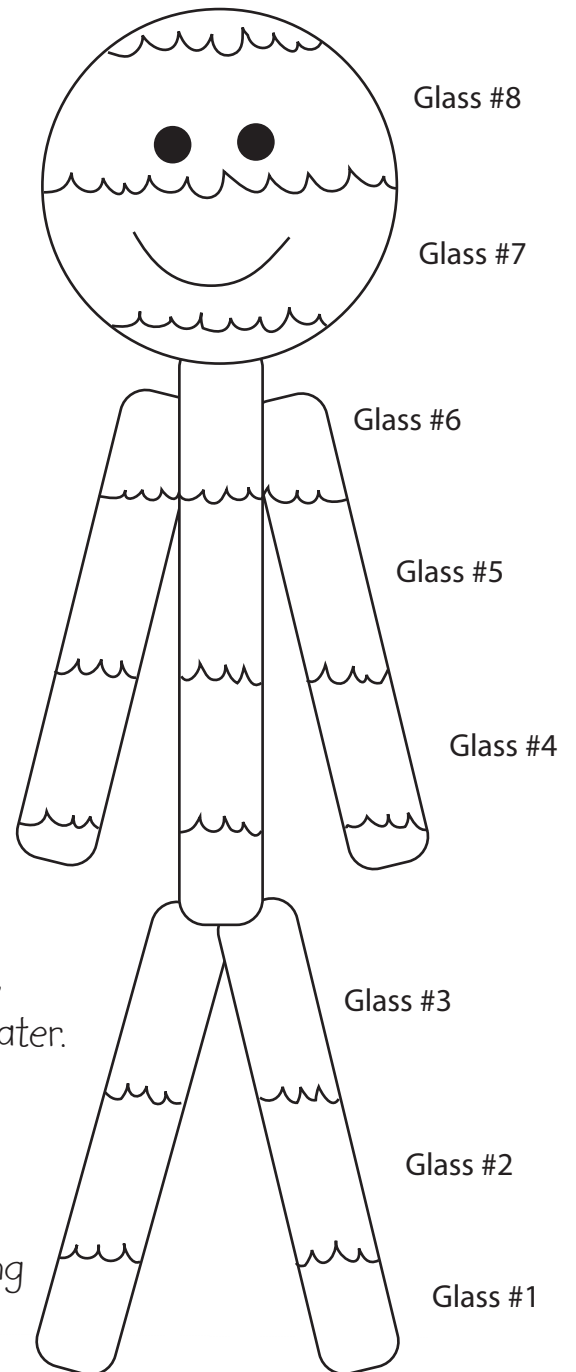


# Fill your tank!

## Water Facts

- Our bodies are 70% water - it is important to keep yourself "full" of water.
- If your body doesn't get enough water, your body begins to feel sluggish. So, when you are tired, reach for a glass of water.
- All of the organs in your body need water to function at their best - drink up!
- Our brains are 85% water - always drink a glass of water before a test or when you need to do some 'deep thinking'.
- The body needs pure water to function at it's best. Other drinks, like soda, tea, juice, or sport drinks, do not help your body in the same way as pure water. Drink water before drinking other things.
- Whenever you are thirsty - reach for water first.
- Whenever you feel yucky - reach for some refreshing water.



Color in each glass of water  
as you drink it.