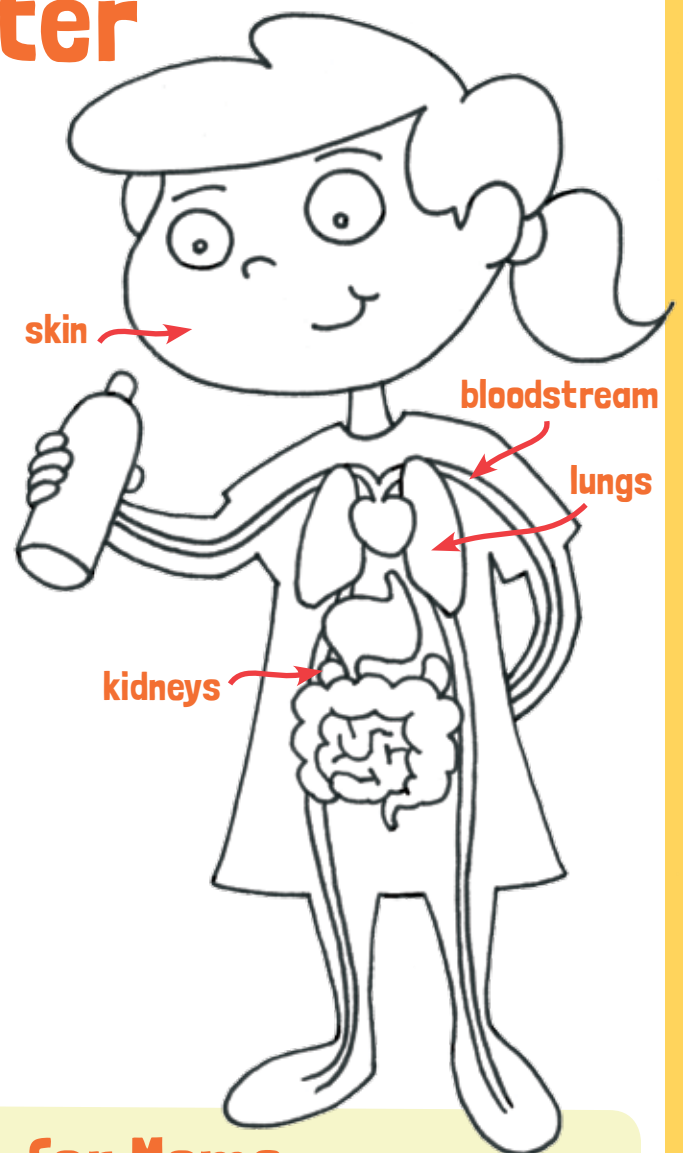


Why We Need Water

Your body needs water in all of its cells, organs, and tissues in order to work properly. Find out some of the ways water helps keep you hydrated by completing these sentences with the correct body part. The first letter is already filled in to help you get started, and you can find all the body parts labeled on the diagram.

1. Water helps carry nutrients and oxygen through the **b** _____.
2. Water removes waste through the **k** _____.
3. Water regulates temperature through your **s** _____.
4. Water helps replace the moisture lost through your **l** _____ when you breathe.

Answers: 1-bloodstream; 2-kidneys; 3-skin; 4-lungs.



Water Wisdom for Moms

Did you know that kids are especially vulnerable to becoming dehydrated? Their need for water is proportionately greater than that of an adult, and they may not yet have developed the reflex to drink when they are thirsty. Be on the lookout for these signs of dehydration.

- Feeling thirsty (When a child experiences the sensation of thirst, he/she is already dehydrated.)
- Less urination and darker urine color
- Unexplained tiredness
- Headaches
- Dry mouth
- Dizziness
- Decrease in mental awareness

Children need approximately 40 oz. of liquids each day for proper hydration. Some of this total can come from foods but most should come from beverages, and water is a great choice. Find out more by visiting the “Live Well” section at the Nestlé® Pure Life® Purified Water Web site, www.nestle-purelife.us.



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