10 Reasons to DRINK WATER Everyday

1 No added sugars

2 Helps kids concentrate

3 Promotes a healthy weight

4 Keeps teeth healthy

5 1+1= Improves academic performance

6 Hydrates the body

7 Regulates body temperature

8 No added calories

9 Helps nutrients move in the body

10 Improves memory

Resources

1. Centers for Disease Control and Prevention. (2014). Increasing Access to Drinking Water in Schools. Atlanta GA: US Dept. of Health and Human Services.

2. Edmonds CJ and Jeffes B. (2009). Does having a drink help you think? 6-7-Year-old children show improvements in cognitive performance from baseline to test after having a drink of water. Appetite. 53(3): 469-472.

3. U.S. National Library of Medicine & NIH. (2015). MedlinePlus Medical Encyclopedia: Water in Diet. Online Access.

4. US Department of Health and Human Services (2010). The Surgeon General's vision for a healthy and fit nation, 2010. US Department of Health and Human Services.