

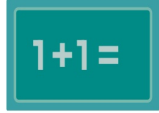
10 Reasons to **DRINK WATER** Everyday

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1
No added sugars
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2
Helps kids concentrate
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3
Promotes a healthy weight
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4
Keeps teeth healthy
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5
Improves academic performance
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6
Hydrates the body
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7
Regulates body temperature
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8
No added calories
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9
Helps nutrients move in the body
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10
Improves memory

Resources

- Centers for Disease Control and Prevention. (2014). Increasing Access to Drinking Water in Schools. Atlanta GA: US Dept. of Health and Human Services.
- 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.
- U.S. National Library of Medicine & NIH. (2015). MedlinePlus Medical Encyclopedia: Water in Diet. Online Access.
- 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.

www.healthikids.org