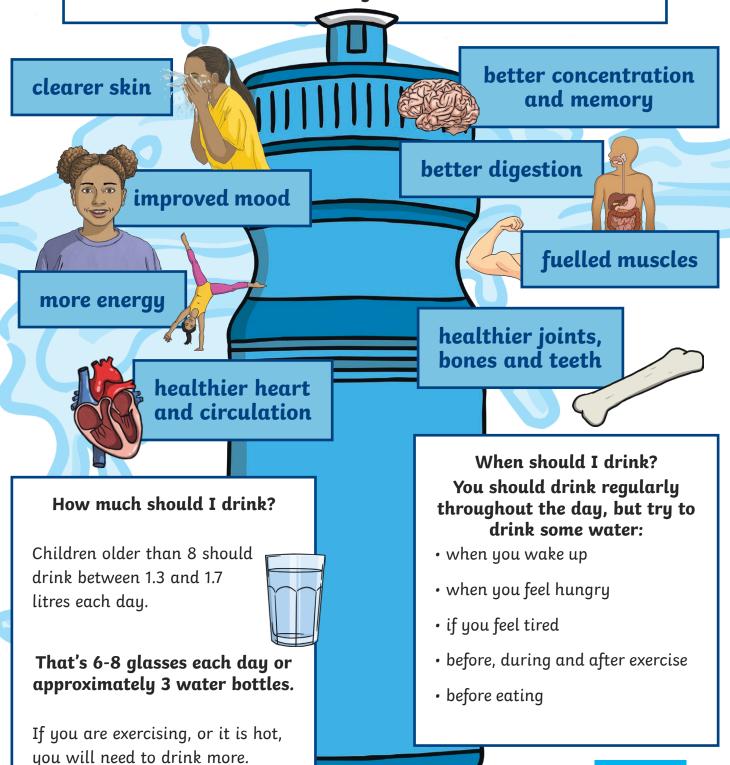
## Healthy Hydration

## Why Water?

We are made up of approximately 60% water and it performs many vital functions in our bodies. If we do not drink enough water, we become dehydrated which can make us feel very unwell.

Here are some of the potential health benefits associated with drinking water:



twinkl