

Antholzertal

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HOW MUCH WATER DO YOU NEED?



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Drink 1 glass of water every 2 hours:
8 glasses per day for your well-being!



Body
70%

Our body consists of 70% water.



Brain
75%

Water is essential for concentration and memory.



Lungs
90%

Water helps breathing and oxygen supply.



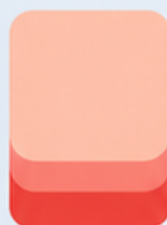
Bones
25%

Water is fundamental for strong bones.



Blood
85%

Water transports oxygen and nutrients.



Skin
80%

Water keeps the skin elastic and hydrated.



Muscles
75%

Water supports muscle performance and function.



TIPS FOR YOUR DAY

Drink regularly throughout the day.
Start your day with a glass of water.
Always think of your water bottle.
A balanced diet also helps!

KEEP IN MIND!



Your body needs water – every day!

DRINK WATER AND STAY HEALTHY!



Water is life. Take care of yourself and drink enough!