

“

*The responsible use of water in our homes is essential for environmental sustainability and to ensure the availability of this vital resource for future generations. Small everyday actions can make a big difference.*



Cavaletti

PROGRAMA  
**viver**  
Cavaletti

drink water

THE BENEFITS OF  
HYDRATION

# Water is essential

Water is essential to the human body, acting as a vital pillar for health and well-being. It plays a crucial role in almost every bodily function, from regulating temperature to lubricating joints and transporting nutrients and oxygen to cells.

## Did you know?

The human body is made up of about **70% water!** look:



**Brain**  
75% water



**Kidneys**  
83% water



**Heart**  
75% water



**Lungs**  
83% water



**Stomach**  
85% water



**Bones**  
22% water



**Liver**  
85% water



**Intestine**  
73% water



**Blood**  
85% water



**Muscles**  
75% water

# Benefits of water for the body

Water is vital for the body, promoting hydration, regulating body temperature and aiding digestion. It improves circulation, eliminates toxins and keeps skin healthy. In addition, drinking water regularly is essential for energy, focus and general well-being.

## Skin

Water is essential for healthy skin, keeping it hydrated and supple. It helps flush out toxins, reducing the risk of acne and other blemishes. Additionally, proper hydration can minimize the appearance of wrinkles and fine lines, giving you younger, more radiant skin.

## Kidneys

Water is crucial for kidney health, helping to dilute urine and facilitate the elimination of waste and toxins from the body. Good hydration reduces the risk of kidney stones and urinary tract infections, and ensures that the kidneys function efficiently.

## Memory

Staying well hydrated helps maintain concentration and focus, as well as improving the speed and accuracy of mental processing. Dehydration can lead to memory difficulties and decreased learning ability.

## Joints

Water acts as a natural lubricant and shock absorber. It keeps cartilage well hydrated and flexible, which helps reduce friction and wear on joints during movement. Good hydration also helps to restore and maintain healthy joints, preventing problems such as stiffness and joint pain.

## Digestion

Staying hydrated aids digestion, dissolves vitamins and minerals, and transports them through the bloodstream to the cells. Additionally, water helps ensure that nutrients are efficiently delivered to the parts of the body that need them most, optimizing overall body function and promoting balanced health.

## Hair

Water is crucial for hair health. Proper hydration prevents dryness and breakage, keeping strands strong and shiny.