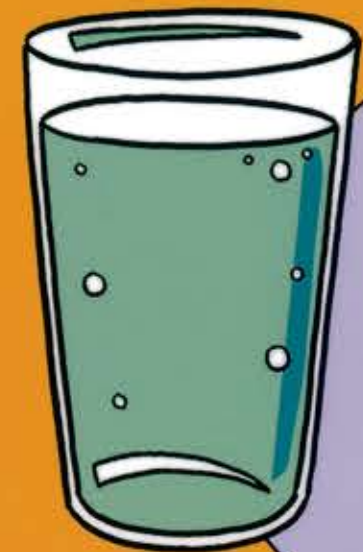
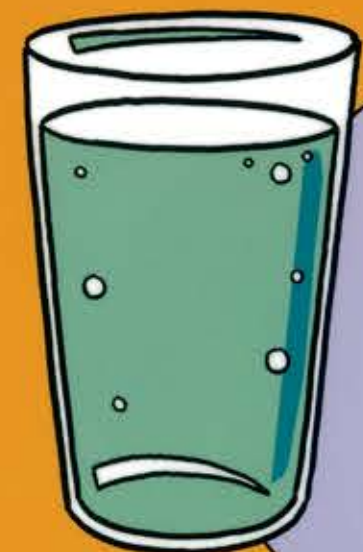


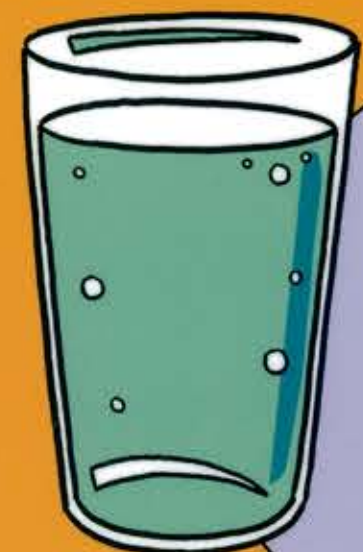
# DRINK WATER FOR A HEALTHY LIFE



Water removes waste from the body



Water helps us to digest food



Water keeps our muscles and joints working properly



Water helps us to breathe and to control our body temperature



**Water  
Works Your  
Kidneys**



Drink water when exercising or playing sport

Don't dehydrate — sip water throughout the day



At school, drink water at recess and lunchtime

Drink plenty of water to keep your kidneys healthy



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