

# Do you know all beings need water?

Without water, the Earth would look like the moon. There wouldn't be any trees ... or animals ... or humans. All life depends on water. Next to the air we breathe, water is our most essential element of life.

The human body is about 70% water. Every system in our body uses water.

- Water makes up almost 80% of our brain.
- Water makes up 83% of our blood.
- Water makes up nearly 90% of our lungs.



- Water transports body wastes.
- Water lubricates body joints.
- Water keeps body temperature stable (think sweat!).
- Water aids in digestion (think spit!).

Human beings can live several weeks without food but only four to seven days without water, depending on conditions. We must drink four to eight glasses of water each day, depending on our size, to replace the water we lose from normal activity. Some water loss is visible through sweat and excretion.

**Solve the Problem:** Calculate how much water you need to replace each day by filling in the following numbers:

- What is your weight in pounds? \_\_\_\_\_
- Divide by 2 to determine how many ounces you should be drinking: \_\_\_\_\_
- Add 8 ounces if you are active: \_\_\_\_\_
- Add another 8 ounces if you live in a dry climate: \_\_\_\_\_

Divide by 8 to determine how many cups you need to drink a day: \_\_\_\_\_



Drinking Water  
Week 2012



American Water Works  
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