

# New Drinking Water Fountains


## Have you seen the new drinking water fountains with bottle filling stations?

- Sparkling new water fountains with bottle filling stations!
- Some of the fountains have a refrigeration system so that your water is extra cold during the summer!
- The water from all fountains is safe to drink!

Hi! I'm Wally!

The new fountains have the logos below to let you know that the water is safe to drink!

One last thing, don't forget to bring your water bottle!!!!



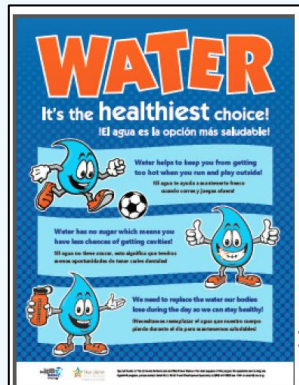
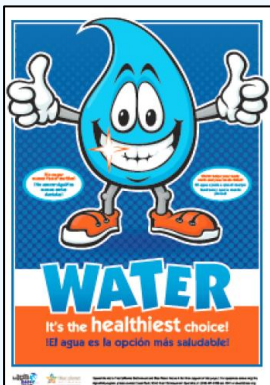

## Safe water to drink!

### The water at your school is completely safe to drink!

Before the water gets to your school the water is completely treated to ensure you and your school have access to safe drinking water!



If the fountain has one of these logos, then the water is safe to drink!



## Wally's Activity Book



### Came play with Wally!

Check out Wally's activity book for games, fun facts and many other activities!



# What you should know about Drinking Water

**Water is the healthiest,  
cheapest and best choice!**

## 1 Dominate the field!

Water is key for your muscles to keep going on and off the field. Water also helps your body transfer energy from the food you eat, regulate your body temperature, and replenish moisture that is lost when you sweat.

## 2 Ace your homework!

Water helps you focus while studying and can help you perform better in school.

## 3 Refresh your mood!

Water helps you feel good all day long. Not drinking enough water can cause dehydration, headaches, and sleepiness.

## 4 Be and look your best!

Water helps you fight diseases by flushing out toxins that can make you sick and by reducing the risk of type 2 diabetes and heart disease. Water is also key to keep your skin healthy.

## 5 Less sugar!

Water is sugar free and has zero calories. It is good for your body and your teeth!

## 6 Save some money!

Water is inexpensive, and you could save at least \$35 a month by drinking only water.

**It is recommended to drink  
8 to 12 glasses of water each day!**

## FUN FACTS

Your body is **60% - 70%** water!

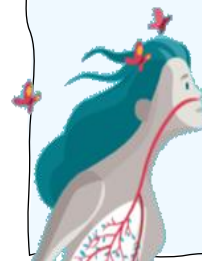
- Blood is 92% water
- Bones is 22% water
- Muscles is 75% water



The brain alone is **75%** water!

When the brain functions on a full reserve of water, the exchange of nutrients and neuron connections are more efficient. The brain will be able to think faster, be more focused, and experience greater clarity and creativity!

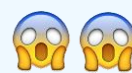
### When you breathe your body loses water!



With every exhale the body loses water! When you breathe you can feel the water your body is getting rid of. Breathe on your hand, exhaling, and you'll begin to feel moisture. That's the water!

### Water is sugar FREE!

Sugary beverages feed the bacteria in your mouth, which causes tooth decay and cavities.



When you are thirsty, your body is **already 1% dehydrated.**