



DRINK LOTS OF WATER

KIA NUI TE INU WAI

How do I know if I need to drink more water?

- Feeling a bit tired or hoha
- Wrinkly fingers
- Dry, itchy eyes
- Non-clear urine
- You may feel thirsty (you are really dehydrated)
- Having a headache
- You feel dizzy when you stand up.

How much wai should I drink?

Aim for at least 5 cups (approx 250ml) of water a day or drink a couple of 500ml water bottles.



But,

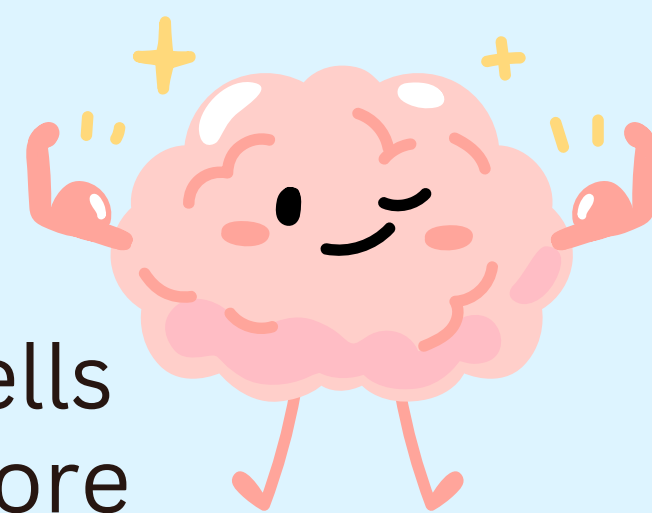
- if it's hot, or
- you are outside in warm weather,
- or you are doing lots of activity or play, keep water handy so you can regularly sip to keep yourself hydrated.

Why is Wai Important?

- Water is the liquid that makes life on Earth possible.
- All living things, from tiny bacteria to giant blue whales, need water to survive.
- Without water, life as we know it would not exist.
- We can only survive about 3 days without water.

Water for your brain

Our body is 60% water BUT our brain is 90% water. All the cells in our body can store water, BUT our brain cells cannot, so we must continuously replenish it.



We use up water all the time by; breathing, moving, thinking, eating, sweating and so much more and could only survive for 3 days without it.

How many cups of water / wai do you think you drink a day at the moment?