



more information **on tap**

For more information about the important role drinking water plays in your life and advice on how you can ensure you are drinking the recommended daily amount of water contact us:

by phone on our Customer Helpline
0845 601 8855.

on the web at www.scottishwater.co.uk

by writing to Scottish Water, PO Box 8855,
Edinburgh, EH10 6YQ.

Alternative formats of this leaflet can be made
available free of charge.

Textphone users please call **0845 603 8855.**

For information on Braille, large print, audio
tapes and a variety of languages, please call
0845 606 8855.

Please quote this reference code when
contacting us: **SWOT1**



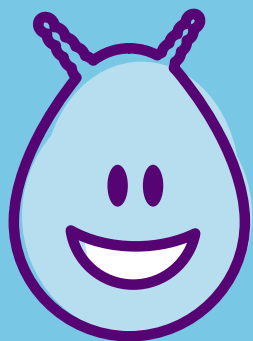
healthy bodies
and minds **on tap**

Your body is around two-thirds water, so it is hardly surprising that water is crucial to your health and general well-being. Water forms a major part of your blood, lubricates your joints and eyes, aids digestion, flushes out waste and toxins and helps you look better by keeping skin smooth and elastic.

Water is essential to the growth and maintenance of your body and is crucial to your general health and well-being.

Are you really drinking the right amount of water every day?

It is no surprise then that there is a Recommended Daily Amount of water that we all should drink throughout each day. Recommendations are that an average adult should drink 2.5 litres of water per day. That is, 1.8-2 litres of your daily water intake should be through drinking fluids, this would be the equivalent of 6-8 glasses of water per day. The amount of water a child should drink daily depends on their age, size and weight. A rough guide would be the average 4-6 year old should drink 5 glasses of water a day and a 7-10 year old should drink about 6 glasses (approx. 1.4 litres) a day.



You should drink more during periods of hot weather or during and after periods of physical activity, this will help you to avoid dehydration. Always remember not to exceed the Recommended Daily Amount as it is possible to drink too much water.

The beauty of drinking water is that we can drink it warm when we're cold and cold when we're hot – so no matter what the weather is you can adjust your water accordingly.

Healthy Bodies and Minds

Here are the 5 main reasons why you should drink 6-8 glasses of water every day.

- **Beauty on tap** – Water helps give you healthy skin. Your skin needs water to keep it soft, firm and prevent spots. Healthy skin is 70% water - but it is the last organ to benefit from your body's supply of water. Remember, your moisturiser can only lock in the moisture that's already there. An extra bonus is – water contains absolutely no calories or fat!!
- **Concentration on tap** – results have shown that your concentration and memory are boosted when you drink water throughout the day.
- **Sparkle on tap** – Water does not contain sugar so it does no damage to your teeth, and drinking 6-8 glasses a day helps keep your bones, hair and nails healthy.
- **Agility on tap** – drinking water before, during and after physical activity helps you stay alert and give you more energy. Healthy and hydrated muscle tissue is around 75% water.
- **More fun on tap** – drinking water helps to boost your energy levels.

