

Water for Life

At school the other day, I met someone I felt sorry for.

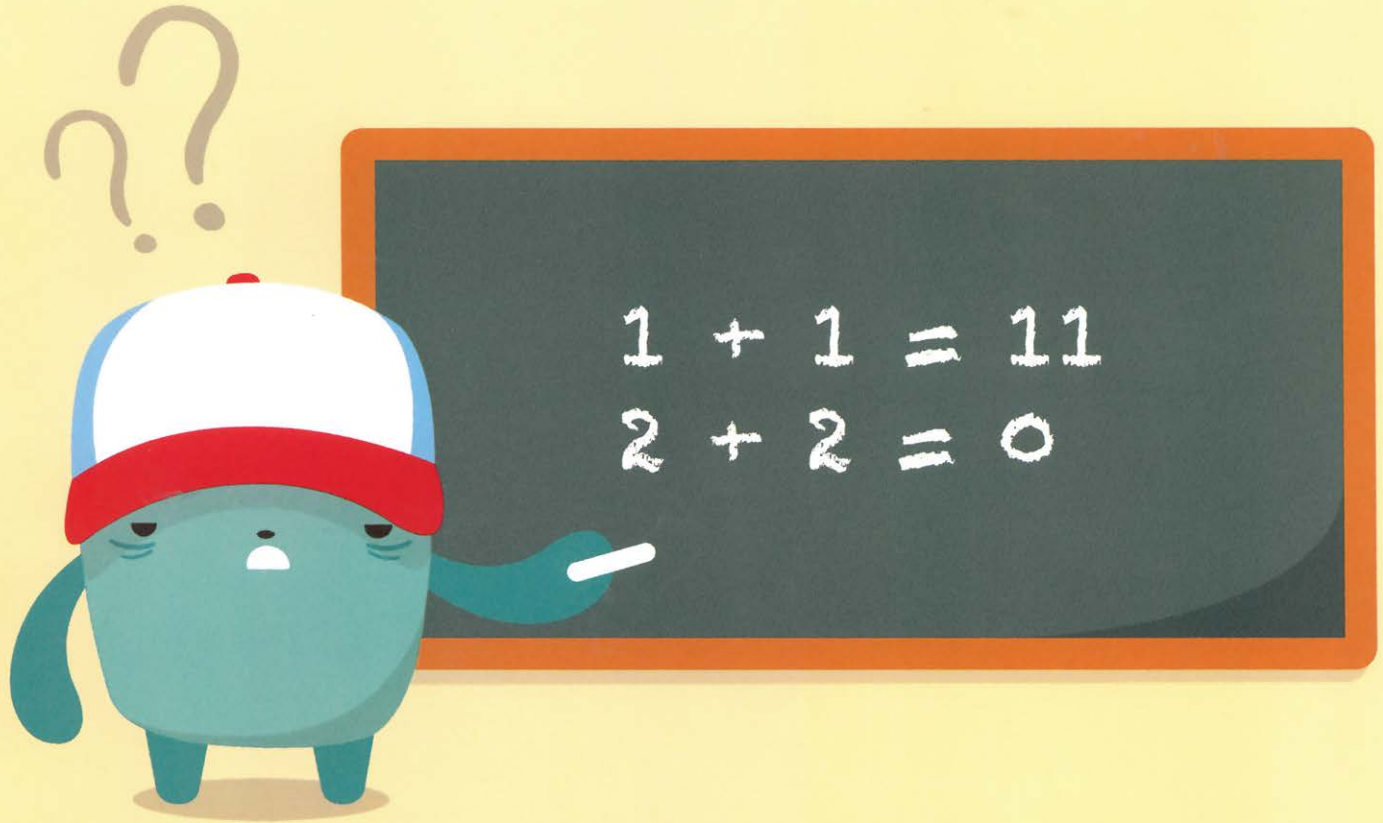
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He looked tired and pale and he had a headache.



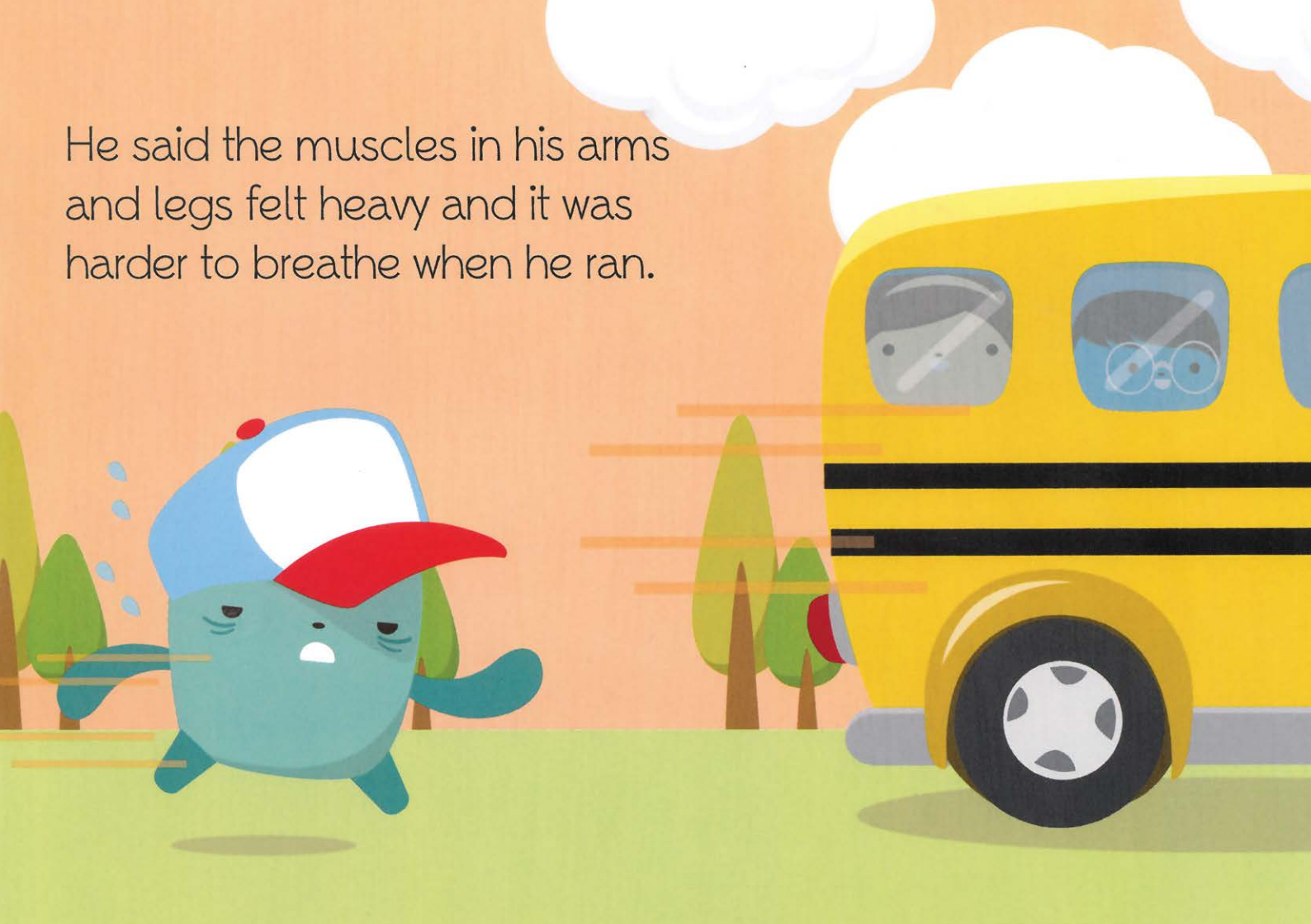
During class, he couldn't concentrate on what the teacher was saying and found it really hard to do maths exercises.



At lunchtime he tried to play on the oval, but he couldn't run or catch the ball like usual and he didn't have much fun.



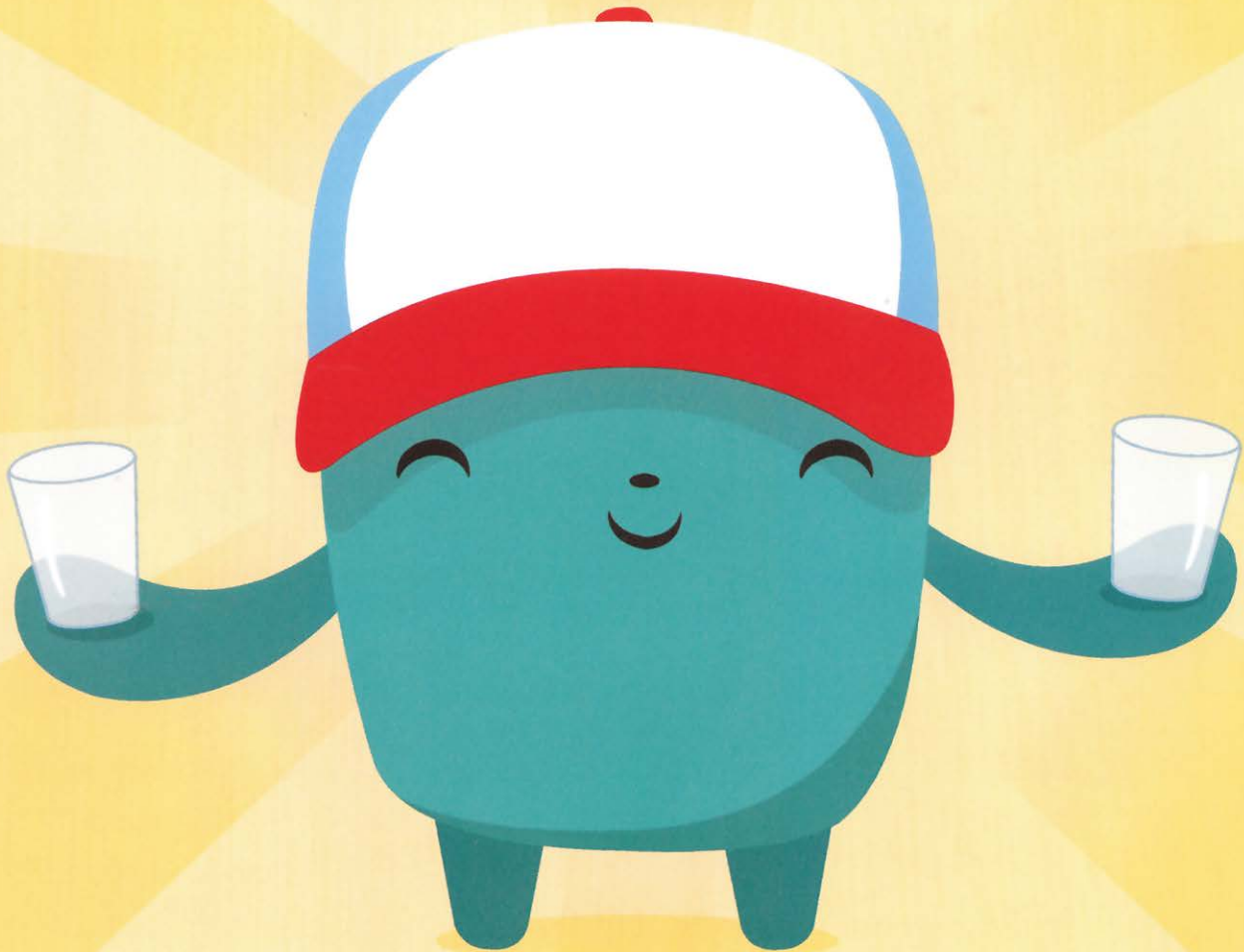
He said the muscles in his arms
and legs felt heavy and it was
harder to breathe when he ran.



After school he said he wasn't hungry or thirsty but his mum made him drink two big glasses of water.



And... he started to feel better.



He asked his mum why and she said...





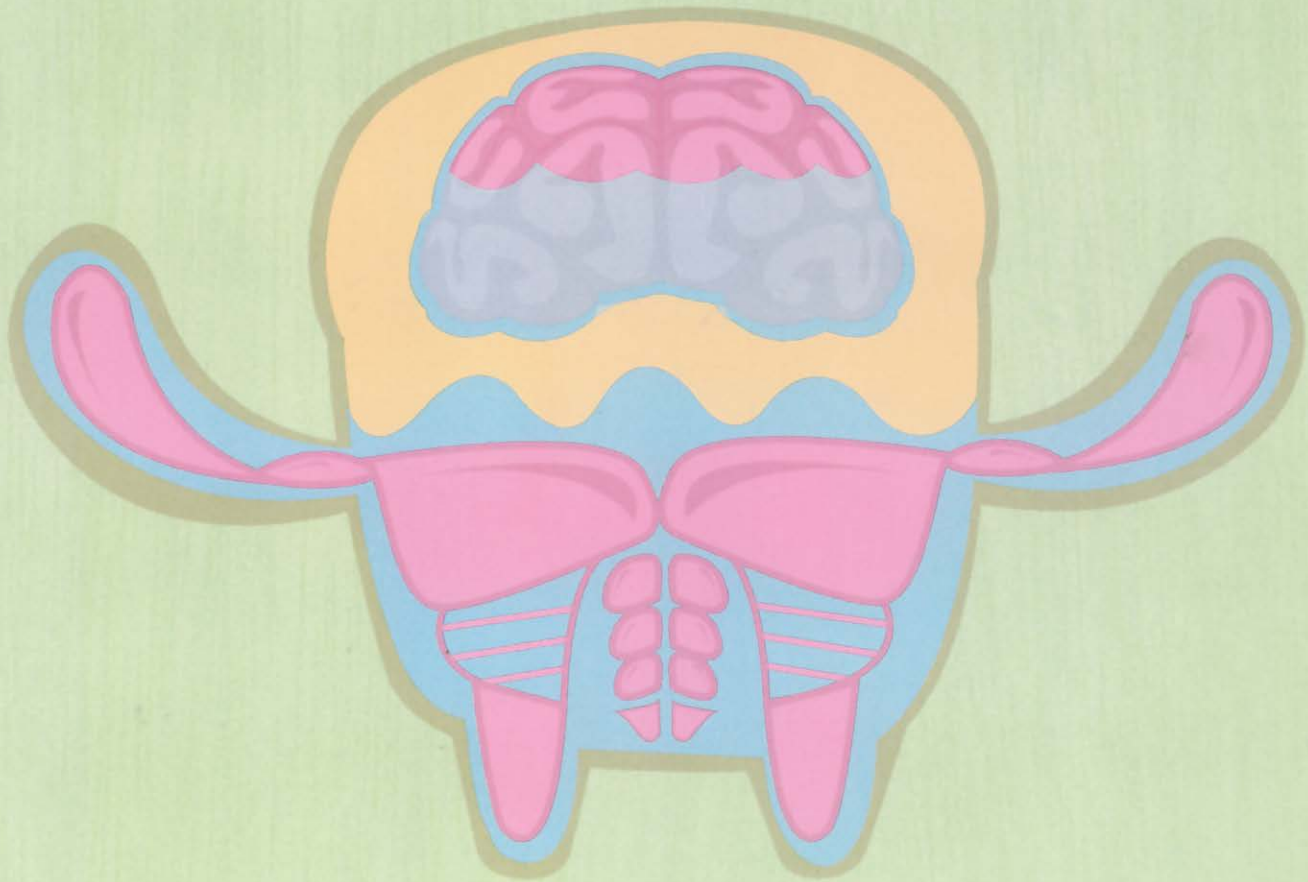
“Most of your body – more than two thirds – is made of water, but it loses water every day through sweat...”

“...going to the toilet...”

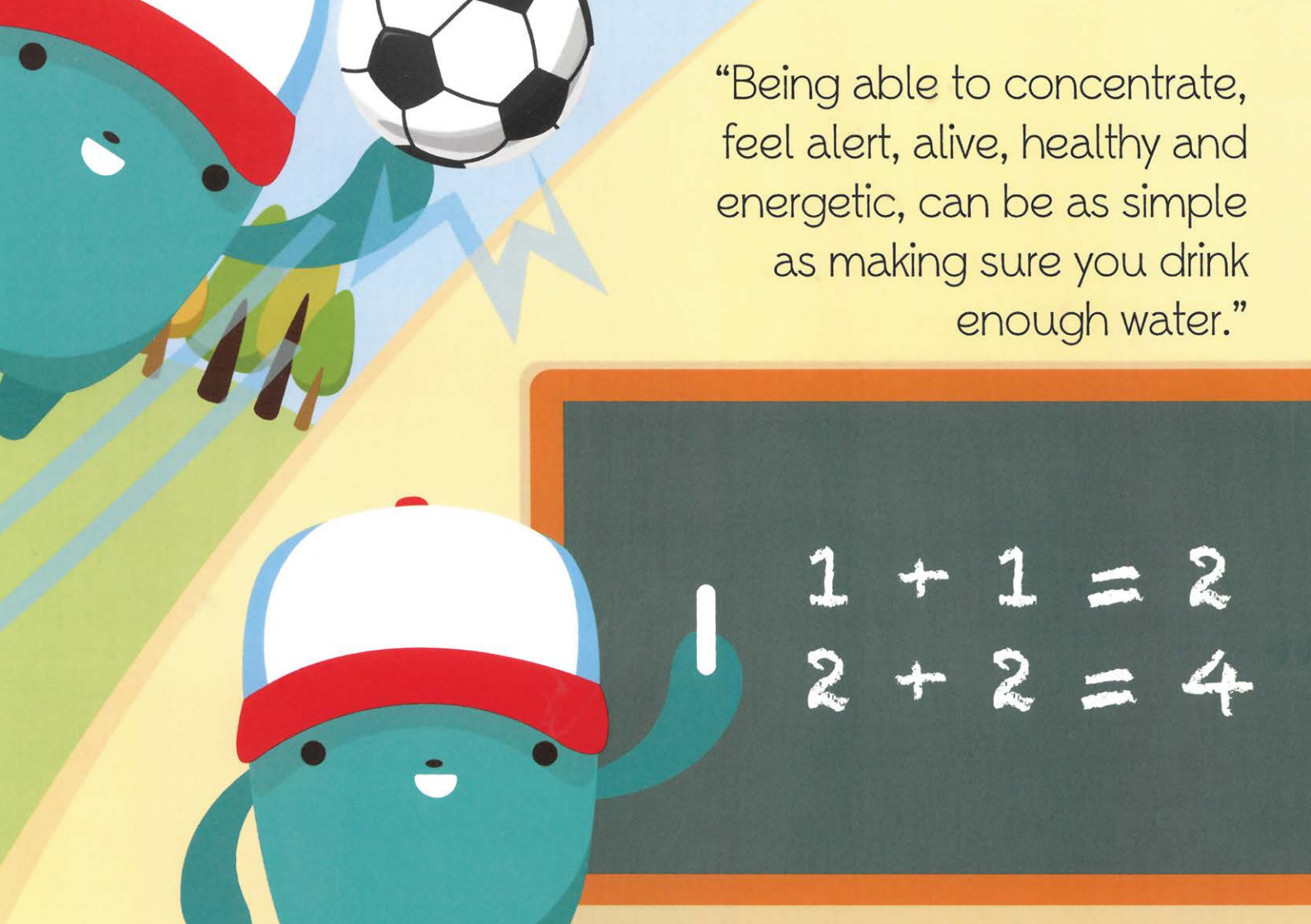


“...and even breathing, so you need to replace it.”





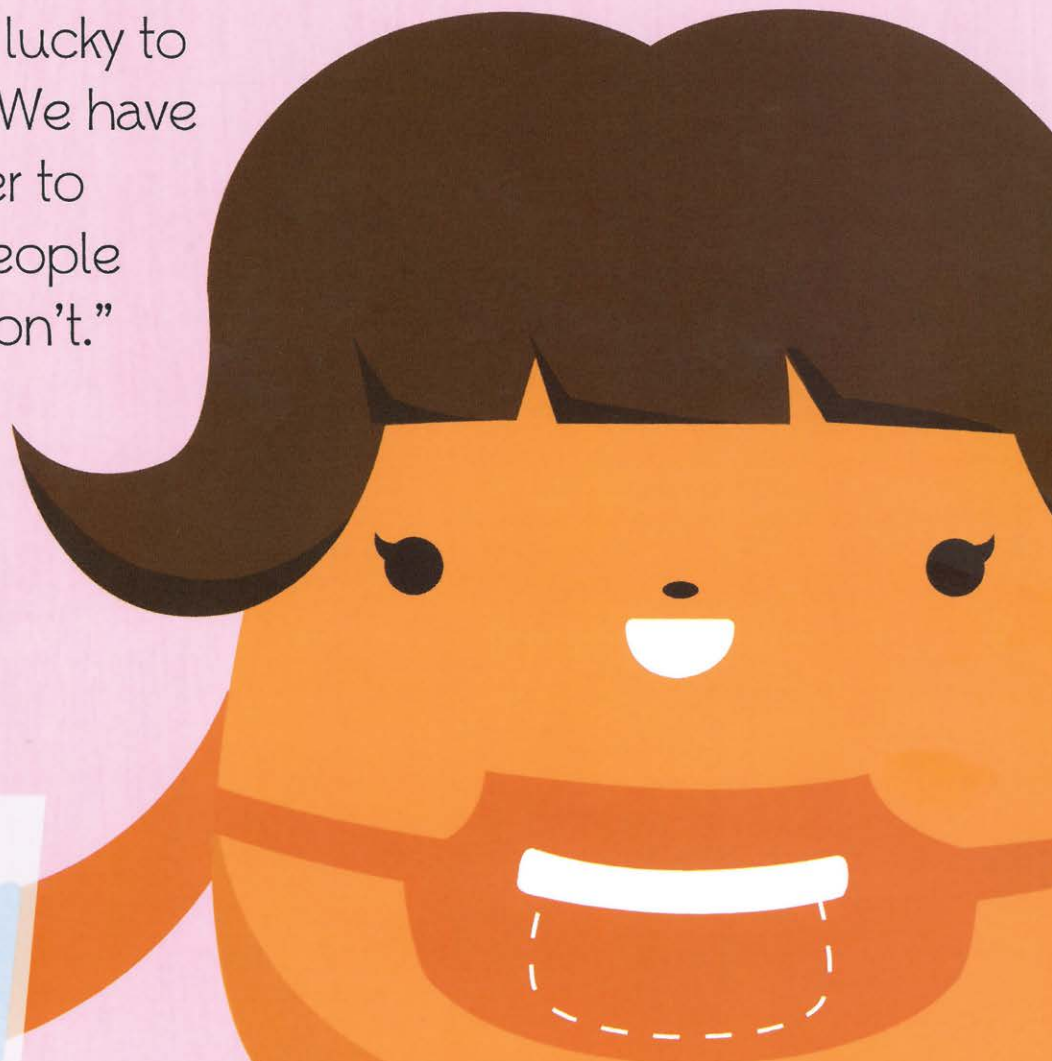
“Your brain is 80% water, your muscles are 75% water and every single part of your body needs water to work properly.”



“Being able to concentrate, feel alert, alive, healthy and energetic, can be as simple as making sure you drink enough water.”

$$1 + 1 = 2$$
$$2 + 2 = 4$$

“In Australia, we are lucky to be able to do that. We have clean, safe tap water to drink while lots of people in other countries don’t.”



The boy was so relieved to hear all this.
How do I know that?



Because that boy was me. Now I know how to make sure
I never meet that tired, dehydrated person again.



Speaking of being dehydrated,
when was the last time you
had a drink of water?





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Written by Bridget Cull

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Digital Media Design – Steven Murdoch (Lecturer)

Muzaffer Can Akyurek

Eileen Chin

James Dodgshun

Mun Chun Khoo

Min Kyung Kim

Rachel Leahy

Joanna Chooi Yoke Leong

Raynaldo Jonathan Loekito

Angeline Mayasari

Kevin Danaparamita Nugroho

Dieu Phan

Albertus Putra

Jonathan Quah

Meng Shi

Ngoc Tran

Jen Li Ung

Andrew Yeung



www.smartwateradvice.org



Come and meet someone I know who hasn't been feeling too well. He has a story to tell about why it's important for us to drink plenty of water.

Written by Bridget Cull and illustrated by Digital Media Design students at Swinburne University of Technology.



Advice

