

Water Minute # 30 – Keeping Healthy with Water– 60 second

You may have heard that water is part of a healthy diet. It helps in digesting food—that's what gives us our energy.

And you may have learned that the water in your body fluids, such as blood, carries nutrients throughout your body to wherever they need to go and helps to eliminate waste.

But did you know that:

- Water helps maintain muscle tone and keeps our skin supple?
- Water, in special fluids in joints, helps our bones slide more smoothly?
- Water helps control body temperature and moves waste out of the skin?
- Water keeps our brain, which is 75% water, active and alert?

If you want to stay healthy and function at the top of your mental and physical game every day, drink plenty of water—and do your part to keep our Red River Basin waters clean and ready to do their work in keeping us healthy and functioning.

So, is there a connection between keeping the waters of our Red River Basin healthy and keeping ourselves healthy? You bet there is!

This Ripple Effect is brought to you by the Red River Basin Commission.