learn to be a heavy drinker

Got water? You’re going to need it... and lots of it! Here’s why:

❍ Drinking enough water each day reduces the risk of breast cancer by 79%¹ and the risk of colon cancer by 45%.²

❍ Even mild dehydration contributes to fatigue, exhaustion, anxiety, muscle weakness and reduced brain function.³

❍ An average adult loses 10 cups of water each day through urination, perspiration and respiration.⁴

❍ More than 1/3 of all Americans are chronically dehydrated.⁵

❍ Over 60% of your body mass is water.

¹ Center for Human Nutrition at the University of Sheffield, England
² Fred Hutchinson Cancer Research Center in Seattle
³ “Liquid Assets” by Rachel Rabkin, Vegetarian Times August, 2000
⁴ Archives of Environmental Health (January/February 1988)
⁵ Susan Kleiner, Ph.D., R.D., Power Eating (Human Kinetics, 1998)

Learn to drink responsibly. Get at least eight glasses of fresh, clean water everyday!

For more information about your drinking water resources, give us a call:

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