

Health Benefits of Water:

Weight Loss - Drinking water helps you lose weight by flushing out the by-products of fat breakdown. Also, drinking water before a meal curbs hunger, causing you to eat less. Not only that, water has zero calories.

Headache - While there may be many things that contribute to a headache, dehydration is one of the most common. When you feel a headache coming on, drink a glass of water to help reduce its severity.

Healthy Skin - Your skin is the largest organ in your body. As such, it deserves its fair share of water each day. Drinking sufficient water will help to keep your skin moisturized and improve skin elasticity.

At Work - Your brain is made of 75 percent water. Staying properly hydrated at work will help you be at your best and most productive.

Exercise - Water regulates your body temperature, fuels your muscles, and keeps your muscles and joints lubricated during exercise.

Digestion - Water is the vehicle our bodies use to expel wastes. When you do not drink enough water, you can become constipated.

Immune System - Drinking plenty of water helps to ensure that your system is working at peak performance. This means your body will be better able to fight off ailments - like the flu virus, kidney stones, and even a heart attack.

Fatigue - If you are dehydrated your heart works harder to supply oxygenated blood to your organs. Staying hydrated helps your body feel its best.

Reduced Cancer Risks - Some studies have shown that drinking a healthy amount of water may reduce the risks of bladder and colon cancer.



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CITY OF ATLANTA DEPARTMENT OF
**watershed
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Tap
into a
HEALTHY LIFESTYLE





Did you know?



VS.



X

tested for **e.coli**

✓

X

required to provide **source**

✓

X

required to produce
quality reports

✓

✓

can still be distributed
when **tap water standards**
are **not met**

X

Reasons to Abandon the Bottle

- Twenty-five to 30 percent of all bottled water comes from a municipal water source. In these instances, you are paying for the packaging, not a better quality of water.
- Less than 30 percent of all plastic bottles purchased in the U.S. each year are recycled. The remaining bottles end up along roadsides, in rivers and streams, and, eventually, in landfills. Scientists have found plastic bottles everywhere from the Amazon to the Antarctic.
- The National Resource Defense Council says bottled water regulations are inadequate and fail to assure consumers of purity or safety, despite the fact that states and the federal government have bottle safety programs.¹



¹<http://www.ehso.com/ehshome/DrWater/drinkingwater.php#Overview>

Let us discuss a few factors that may influence your choice between the tap and the bottle:

Price

Bottled water is much more expensive than tap water. A single liter of a high-end brand of bottled water could cost more than \$2.00. In the City of Atlanta, for \$2.58 you get 748 gallons! It is clear that tap water gives you the most value for your money.

Taste

Some people prefer the taste of bottled water over tap water. Adding a filter to kitchen faucets is an easy way to improve the taste of tap water.

Convenience

Bottled water allows you to take water with you when you are on the go. Is this minor convenience worth the pollution caused by empty plastic bottles? If convenience is what you are after, buy a reusable water bottle.

