

VU CHEW Program

(Cooking, Healthy Eating, and Wellness)

Drink more water

How much do we need?

Men = 2.6L

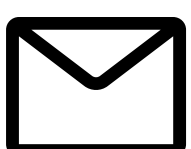
Women = 2.1L

The
human body is
70% water

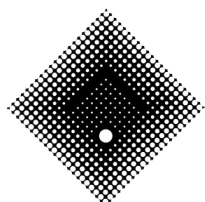
Why do we need it?

- prevents dehydration
- more energy
- regulates temperature
- aids digestion
- helps us to concentrate

What should I drink?



contact Monica for more information monica.wellington@vu.edu.au



**VICTORIA
UNIVERSITY**

phn
WESTERN VICTORIA
An Australian Government Initiative

Supporting People with an Intellectual
Disability to Access Health (SPIDAH)

