

TCS/GEN/110/2022-23

Date: 26-10-2022

## CIRCULAR

VALUE OF THE MONTH: EMPATHY - العطف

SUBJECT: WATER FACTS TO LIVE EASY

Dear Parent,

Greetings from The Central School Dubai!

#wakeupwednesday

As we all know, getting enough water every day is important for our health.

Please refer to the enclosed article on **Smart Water Facts for healthy living** by our Nutrition educator.

Regards,



**Syed Ali Haider Rizvi**

PRINCIPAL

# SMART WATER FACTS TO LIVE EASY!



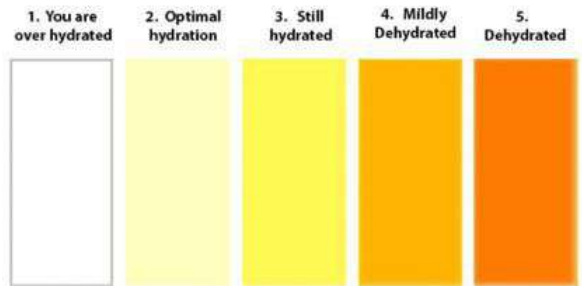
**1** Essential for your brain & muscles to function optimally.



Tastes boring? Add some lemon, fruit pieces or spices like cinnamon, etc to improve taste.

**2**

**3** The best way to monitor your hydration status is to check your urine colour - clear or light coloured is ideal.



The sodium content in water is the minutiae if you are dealing with high blood pressure. Weight loss, exercise & not smoking will make the biggest difference to high blood pressure.

**4**

**5** Alkaline water is a scam. The water you drink must be clean, that's all.



Copper vessel or mud pots are a matter of personal preference. Any container will do as long as it is clean.

**6**

Our Expert  
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