



European Regional Development Fund

respect water

**Project title: Best Water Use
Project acronym: BestU**

**Deliverable D4.3.2.: Trilingual info-board on benefits of drinking
water for e-platform content**

**Work Package 4: Development of an Environmental Educational
Process**

Contracting authority:



*The Project is co-funded by the European Regional Development Fund (ERDF) and national funds of the
countries participating in the Cooperation Programme INTERREG V-A "Greece-Bulgaria 2014-2020"*

BENEFITS OF DRINKING WATER

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SAFE AND SUFFICIENT DRINKING WATER WITH HIGH QUALITY IS ESSENTIAL FOR HUMAN LIFE, DRINKING AND COOKING. WE ALSO USE IT WITH MANY OTHER PURPOSES, SUCH AS WASHING, CLEANING, HYGIENE.

MOST PEOPLE LIVING IN THE EU HAVE VERY GOOD ACCESS TO HIGH-QUALITY DRINKING WATER THANKS TO EU LEGISLATION. THIS POLICY ENSURES THAT WATER INTENDED FOR HUMAN CONSUMPTION CAN BE SAFELY CONSUMED FOR LIFE, WITH A HIGH LEVEL OF HEALTH PROTECTION.

BENEFITS OF DRINKING WATER

- ✓ HELP SKIN LOOKING GOOD, BECAUSE IT CARRIES NUTRIENTS TO EACH BODY CELL
- ✓ STRENGTHEN JOINTS AND HELP YOUR BONE GROWTH
- ✓ GOOD MOOD AND LOOK YOUNGER
- ✓ REGULATES BODY TEMPERATURE
- ✓ WEIGHT LOSS
- ✓ REMOVES HARMFUL TOXINS FROM YOUR BODY
- ✓ HELP YOUR KIDNEYS AND BOWELS
- ✓ HELP FOR GOOD QUALITY AND PRESSURE OF YOUR BLOOD
- ✓ HELP YOUR BRAIN
- ✓ GOOD DIGESTION AND METABOLISM SUPPORT
- ✓ CONTAINS ZERO CALORIES



ADVICES

- DRINK A GLASS OF WATER ON AN EMPTY STOMACH, WHEN YOU WAKE UP
- ALWAYS CARRY A BOTTLE OF WATER WITH YOU
- DRINK SOME WATER ON EVERY HALF HOUR
- DRINK WATER BEFORE EVERY SNACK OR MAIN MEAL
- DRINK ALSO OTHER LIQUIDS TO BE WELL HYDRATED, BUT WATER MUST PREVAIL QUANTITATIVELY
- BEWARE OF OVERHYDRATION. DO NOT DRINK TOO MUCH WATER
- DRINK MORE WATER FOR: DISEASES WITH VOMITING AND INTESTINAL DISORDERS; WHEN YOU SWEAT IF IT IS WARM AND HUMID; WHEN YOU SWEAT FROM PHYSICAL ACTIVITY
- IF YOU HAVE A PREGNANT WOMAN IN YOUR FAMILY – REMIND HER TO DRINK MORE WATER
- IN SOME AREAS, IT IS BETTER TO USE HOME REVERSE OSMOSIS WATER SYSTEM OR JUST A FILTER JUG TO ENSURE CLEANLINESS
- BOTTLED MINERAL WATER CAN BE DANGEROUS FOR HEALTH IF USED EXCESSIVELY. BE VIGILANT ABOUT ITS PHYSICOCHEMICAL PROPERTIES
- ATTEND AN ENVIRONMENTAL WORKSHOP/SEMINAR FOR MORE IDEAS

FOR ACTIVISTS!

IF YOU NOTICE A PROBLEM WITH THE QUALITY OF DRINKING WATER, CONTACT THE REGIONAL INSPECTORATE OF HEALTH – BLAGOEVGRAD BY PHONE: +359 (73) 888 701 OR E-mail: rzibl@rzibl.org



DID YOU KNOW?

IF EUROPEAN HOUSEHOLDS REDUCE THEIR CONSUMPTION OF BOTTLED WATER CAN SAVE MORE THAN € 600 MILLION A YEAR AND ALSO CONTRIBUTE TO REDUCING OF PLASTIC WASTE.



BONUS: YOU CAN GET UP-TO-DATE INFORMATION ABOUT DRINKING WATER QUALITY IN BLAGOEVGRAD DISTRICT AT <https://www.rzibl.org/?p=2016>



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LINK TO THE PROJECT WEBSITE: www.bestu.eu

