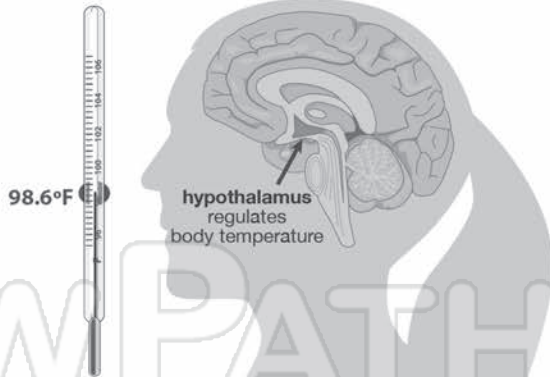




Name _____ Class _____ Date _____

Your Internal Air Conditioner

Whenever your body heats up from physical activity or the hot weather outside, your **internal air conditioner** turns on and you begin to sweat. Remember, when your air conditioner is using its coolant (your sweat), it is important to refill the tank — by drinking lots of **water**.



Staying Cool

If you do choose to brave the heat, make sure to let your body **gradually adjust**. Cut back the length and intensity of your activities for the first two weeks until you



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PREVIEW

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If you're playing or exercising for more than 60 minutes, get an extra energy boost from **sports drinks**. They help replace the water you've lost during strenuous activity.



Most importantly, **listen to your body**. If you feel weak, dizzy, or thirsty, take a break in the shade, grab your water bottle, and tell a grown-up.

Now that you know how to beat the heat — get out there, stay active, and keep cool!



Find a shady path



Drink plenty of water



Name _____ Class _____ Date _____

Your Internal Air Conditioner

Staying Cool



NEW PATH LEARNING



PREVIEW

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NEW PATH LEARNING

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