

Water – Guzzle, Gulp & Chug



Name _____ Class _____

Date _____

Dehydration

Dehydration means that your body is losing more fluids than it takes in - and that's not good! Don't depend on your thirst to tell you whether or not your body needs a refill. Drinking water before, during, and after physical activity is one way to keep your body's air conditioner working.



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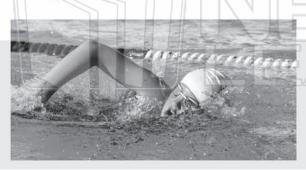
Help Your Body Stay Cool Keep these tips in mind to help your body stay cool:



PREVIEW

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Stay away from drinks that have caffeine, lots of sugar, or carbonation in them - like soda or tea. Drink bottled water, water flavored with lemon or lime juice, or water right from your own sink.



Eating fruit and other cool snacks is another way to keep your body cool! Pack peaches, oranges, watermelon, and grapes in your cooler - they taste great and re-hydrate!

Did You Know?

Did you know that sometimes you can't even see sweat - like when you're swimming? Which means you may not realize you are getting dehydrated. Just another reason to keep your water bottle in plain sight so you'll remember to drink up!

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