

HEALTHY HYDRATION

BUILDING HEALTHY COMMUNITIES



Our bodies are made up of approximately 70% water! Water has many important functions in the body, like helping regulate your body's temperature, aiding digestion of food and excretion of waste. Bodies lose water throughout the day through sweat, breath, and urine. *It's important to replace the water lost throughout the day, to prevent dehydration!*



IS MY CHILD DEHYDRATED?

Warning signs could be:

- Poor concentration
- Headaches
- Thirsty
- Cracked lips
- Dry mouth
- Constipation
- Lethargy
- Dark urine



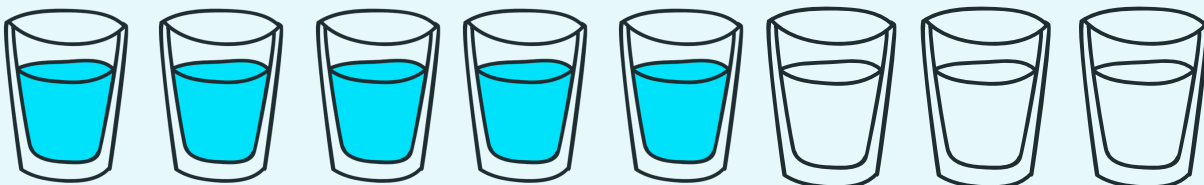
HELP KIDS STAY HYDRATED:

- Children under 8 years of age, 4-6 glasses/day min.
- Children older than 8 years of age, 6-8 glasses/day min.
- Extra fluids are needed if your child plays sports, is very active, on hot days, or if they feel unwell
- Pack their favorite water bottle for school / when going out
- Try carbonated seltzer water for the 'fizz' feel
- Offer hydrating fruits, like watermelon or peaches



Water is the best choice to keep kids hydrated throughout the day, limit drinks with added sugar! Try using this [water tracker](#) for a fun way to make sure you're staying hydrated!

WATER TRACKER



GOAL:
64OZ