

DRINK MORE WATER!



- 🌀 Drink water before, during and after being active.
- 🌀 Drink water when you get up in the morning, and with meals and snacks.
- 🌀 Take your water bottle with you, wherever you go.
- 🌀 If you don't like the taste, try adding slices of fresh fruit or vegetables. For example: lemon or orange wedges, cucumber slices.



As you drink more, your body will get used to higher amounts of fluids!

What About Other Drinks?

Water is much better than pop, 'fruit' beverages (drinks, punch), 100% juice and ice tea, which is very high in sugar. In fact, one 12-ounce can of regular pop contains the equivalent of 10 teaspoons of sugar.

What About Sports Drinks?

Don't be fooled by the heavy sports drink advertising! Sports drinks are only needed when activity lasts longer than 60 - 90 minutes in small amounts.

How Much Fluid Do I Need?

Children and youth ages 9-18 need 6.5 - 10.5 cups of fluid from all sources (food and beverages). Most of this fluid should come from plain water. Other fluid sources include plain, unsweetened milk or fortified soy beverage, watery fruit and vegetables, yogurts and soups.



Why Drink Water?

Water is needed more during hot weather and when playing hard. Children and adolescents are at greater risk for dehydration and overheating because they sweat less than adults but produce more heat during activity. Children also do not tolerate extreme changes in temperature as well as adults.

Water is inexpensive, readily available, helps prevent tooth decay and quenches thirst. It will help give energy to play; to think; and will help keep sickness away.

Water

- Carries oxygen and nutrients to our body cells.
- Helps us digest foods.
- Removes waste from our body.
- Cools our body off by sweating.
- Maintains blood pressure and heart rate.
- Acts as a cushion to keep our kidneys and other organs healthy.
- Absorbs nutrients, maintains body temperature and keeps blood flowing.
- Helps repair skin and tissues.
- Allows muscles to contract so we can play and have fun.

Signs of Dehydration...

- Increased body temperature
- Dry mouth
- Rapid heart beat
- Decreased concentration
- Dizzy, irritable
- Poor vision
- Cramps, nausea, headaches
- Tired, weak
- Thirst
- Less coordination

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