

Staying hydrated by drinking enough water keeps our bodies performing their best. Water keeps joints, bones, and teeth healthy. Water helps our blood move through the body and is essential to perform normal functions. Being hydrated even improves our memory and our mood!

## WHAT'S IN THIS MONTHS ISSUE:

- Why hydrate?
- Tips + tricks for staying hydrated
- Making frozen fruit ice cubes
- How much water we need
- How to know if you are hydrated
- Hydration when staying active

## #1 Use a reusable bottle

If possible, keep a reusable bottle with you at school, at home and during after-school activities. Refill whenever possible at drinking fountains or filtered water stations and sip water consistently throughout the day.

## #2 Enjoy water-rich foods

Drinking water is not the only way we hydrate. Eating water-rich foods, such as fruits and vegetables, provide our bodies with vital nutrients, fiber, and water.

### Water-rich foods:

Cucumbers	Cantaloupe
Watermelon	Honeydew
Strawberries	Pineapple
Blueberries	Peaches
Oranges	Apples
Tomatoes	Grapes
Bell peppers	Kiwi
Zucchini	Celery

## #3 Make water enjoyable

If you find the taste of water unappealing, try something new! Freeze your favorite fruit in ice cube trays or add lemon or other fresh fruit slices into your water.

## Make Your Own Frozen Drink Cubes:

**1**

**Wash and slice fruit of choice**

**2**

**Add fruit slices to a clean ice cube tray**

**3**

**Fill the tray with filtered water**

**4**

**Place in freezer and enjoy in about 3 hours!**



15 cups ( 3.5 Liters)

## Daily Water Needs:

Most teens will benefit from 12-15 cups of water per day, or 2-3.5 Liters.

While 12-15 cups is a good baseline, listen to your body and drink more when you are thirsty.



### How do I know if I am hydrated?

One of the easiest ways to tell if your body is hydrated is by urine color.

Pale yellow or clear = hydrated

Dark yellow = dehydrated

### Common signs of dehydration include :

- feeling thirsty
- lack of energy
- increased pulse
- increased temperature
- flushed face
- faster breathing

## Water Needs Can Change

**Depending on factors such as how active we are, how hot it is outside, and how many water-rich foods we eat, our bodies will sometimes want more or less water.**

The harder or longer the workout, the more we sweat. The more we sweat, the more fluid our body loses and needs to replace.

## Hydrating with Other Beverages

Drinking water allows our body to cool off faster by hydrating and cooling us from the inside out. It is tempting to pour water over our heads after a hard workout, but this does not rehydrate us and actually does not cool us down as quickly as drinking water does.

Even activities you may not notice sweating during, such as swimming, can still cause dehydration. Doing any physical activity in cold conditions, such as skiing or hiking, will still need consistent rehydration before, during, and after the activity.

Sports drinks may be more appropriate when participating in moderate to high-intensity physical activity that lasts for more than one hour.

While juice is okay in moderation, it is not ideal to drink in large quantities for normal daily movement. It is most beneficial to rehydrate with water for low to moderate physical activity.