

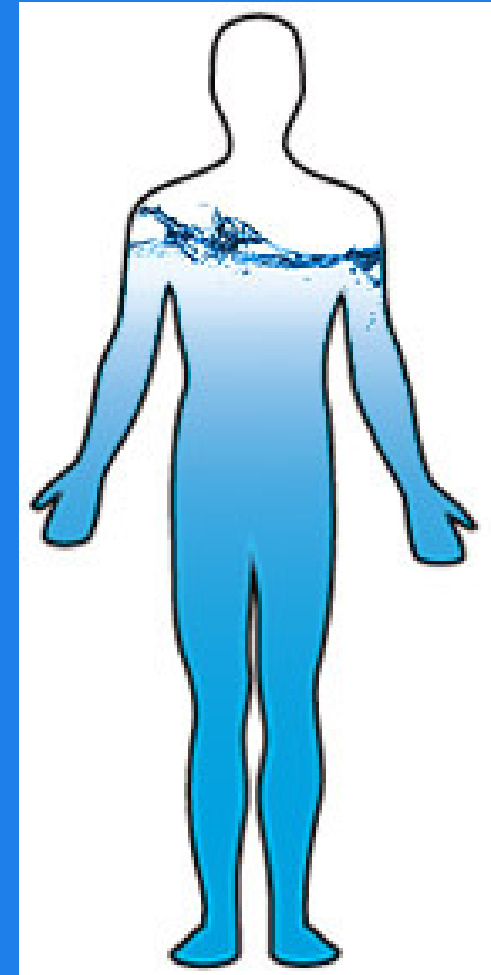
# **Hydrated Body, Happy Body**



# Being hydrated

Hydrated = containing water

- 60-80% of human bodies are made up of water.
- Our bodies should always have this amount of water to work properly.



# Signs of dehydration

- Thirst
- Bad mood
- Fast heart beat
- Muscle cramps
- Urination left often
- Dark, strong-smelling urine



# Staying hydrated

- Drink water before, during, and after playing.
- If outside, take breaks to go in the shade or inside.
- Wear cool clothing.
- Have a glass of water with every meal.





# How to hydrate

- Water is the best option.
- Limit sugary juice, soda, and sports drinks.
- You can also get water from food, especially fruits and vegetables!



# **How much water do I need?**

- **About 6-8 glasses each day.**
- **If you are very active you may need more.**
- **Listen to your body and notice signs of dehydration.**

**Remember...Hydrated body = Happy body**