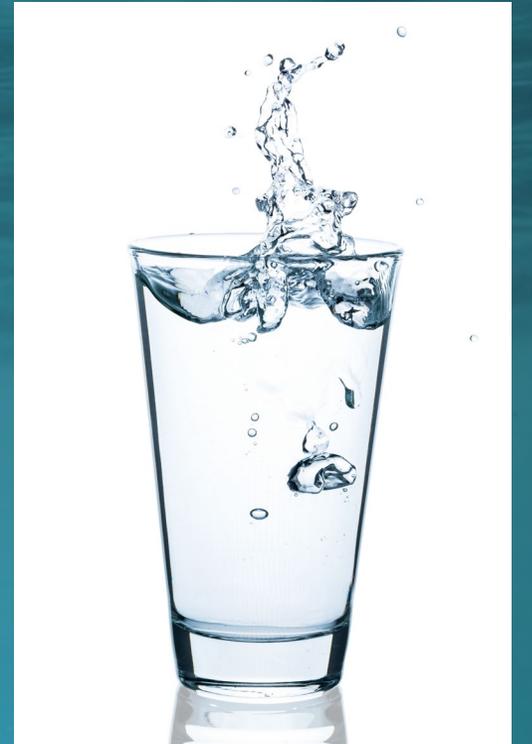


The Importance of Hydration



Where does drinking water come from?



Why is water essential to life?

- Makes up 55-70% of our bodies
- Water lubricates and provides cushion for our joints
- It is the WiFi between the brain and your body
 - No water...no WiFi

Why is water essential to life?

- Water prevents dehydration
- Water is your built-in air conditioning
 - Helps to control your body temperature
- Supports healthy skin and hair
- Facilitates nutrient and oxygen transport throughout the body
- Helps flush out waste products and toxins (helps the kidneys)

Other Health Benefits:

- Reduces the risk of heat stroke and exhaustion during physical activity.
- Improves athletic performance by enhancing endurance and recovery.
- Reduces the risk of developing gallstones.
- May help reduce the risk of certain types of cancer.
- Supports a healthy immune system.

What Is Dehydration?

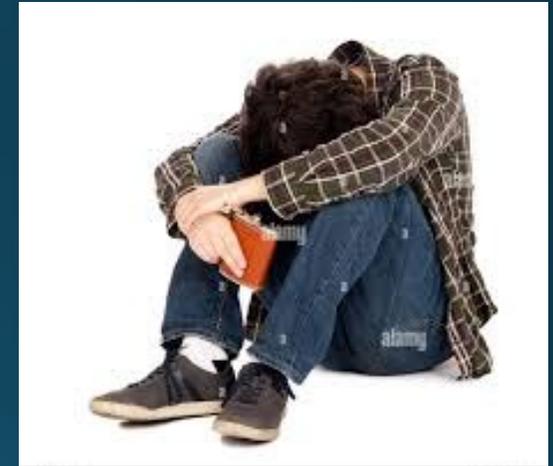
- A condition that occurs when the body loses more fluids than it takes in, leading to a lack of water in the body

What Are the Signs & Symptoms of Dehydration?

- **Signs of dehydration include:**
 - **Being thirsty**
 - **Having a dry or sticky mouth**
 - **Fatigue**
 - **Headache**
 - **Irritability**
 - **Hard to Focus**
 - **Feeling dizzy and lightheaded**
 - **Rapid Heart Rate**
 - **Peeing less and darker urine**
 - **Sunken eyes, cheeks**

If you feel faint!

- Sit down with your head between your legs with arms on knees
- Lay down on the ground and elevate your feet if possible



What Causes Dehydration?

- Dehydration in teens usually is caused by:
 - Not drinking enough fluids
 - Excessive sweating (in hot or cold weather)
 - Vomiting or Diarrhea
 - Fever
 - Some medications

How Is Dehydration Treated?

- Drink extra liquids
 - You can drink:
 - **Water** (Normally drink (8-16 cups a day))
 - Diluted apple juice
 - Special rehydration products (such as Pedialyte, Rehydralyte, or a store brand)
 - These have the right amounts of water, sugar, and salt to help with dehydration

How Is Dehydration Treated?

- If you are vomiting:
 - Take small sips every few minutes
 - Small sips are less likely to make you vomit again
- If you are not vomiting
 - Take bigger sips as often as every few minutes
- You can also try electrolyte ice pops or ice chips

How Is Dehydration Treated?

- If dehydrated, don't drink:
 - Coffee
 - Sports drinks
 - Soda
 - Full-strength (undiluted) juice
 - Too much sugar and can make some symptoms worse

How Can I Prevent Dehydration?

- Whenever you get sick, try to drink extra liquids
- In very hot weather or when you do heavy exercise
 - Drink more than usual
 - Drink extra water before:
 - Going outside in hot weather
 - Play sports
 - Plan to be very physically active
 - Take regular drink breaks (about every 20 minutes) during the activity in excessive heat or when heavily sweating

How Can I Prevent Dehydration?

- Drink water
 - Before, during, and after playing sports is enough to keep most teens hydrated
 - Some athletes who exercise for long periods or in very hot weather can benefit from a sports drink that has sugar and electrolytes
 - Ask your doctor if they think you need to drink sports drinks

Questions?