



FAMILY HEALTH HANDOUT: PHYSICAL ACTIVITY HEALTHY HYDRATION



AUGUST HEALTH CHALLENGE

Drink 6 or more cups of water a day.



**STICK IT UP!
PUT THIS
ON YOUR
REFRIGERATOR
TO REMIND YOU TO
DRINK WATER FIRST!**

WATER . . . IT IS IMPORTANT FOR DAILY HEALTH!

The best way to keep your body hydrated is to drink water. Other drinks are OK, but remember to **drink water first for your thirst**.

Water helps maintain normal body temperature. Water helps put back fluids lost through perspiration.

How much water do you need? It depends on your body size, your activity level, foods you eat, drinks you drink, and the weather.

Find out how much water each family member needs.

Do the math:

_____ lbs. \div 2 = _____ number of ounces of water
(Your Weight) you need on an average day

Add more ounces if you're exercising or if it's hot weather.

Try this: Measure the ounces you drink in a day to see if you drink the amount you need.

MORE ABOUT WATER

- Call your county health department to find out about your local water supply.
- Call EPA's safe drinking water hotline at 1-800-426-4791 for information on water quality in the United States.
- Try kids' "Drinking Water Activities" at water.epa.gov.

FAMILY TIPS

- Keep a pitcher of water ready in the refrigerator for quick drinks or snacks. Choose water first before you choose other drinks.
- Always carry water! Try water bottles, thermoses, sports containers, or coolers.
- Don't wait until you feel thirsty to drink water! Sip all day long.
- Get extra fluid and nutrients your body needs during summer sports or heavy play. Fresh fruit and juice are great. Fresh fruit or 100% fruit juice contains natural sugar along with many healthful nutrients. Bananas give you potassium.
- Try frozen fruit smoothies: In a blender, mix frozen whole fruit (any favorite fruit – berries, melons, peaches). Add low-fat milk until it is the thickness you want. Slurp it up!