

## Tackle the Heat!

Water is very important to you and your family. Not only is it one of the most important nutrients, but it accounts for about half of your body weight. Water does many things for the body, including aiding in the digestion of food, lubricating joints and cushioning organs and tissues, and most importantly keeping the body cool.

During physical activity, your body temperature rises because muscles generate heat. This rise can cause about 20 times more heat than when you are just resting. This increase in temperature causes you to sweat, which is your body's way of trying to keep you cool. It is important to replace this water when you sweat; otherwise, you can begin to show signs of dehydration. If you notice any of the signs below in you or a family member, it is important to replace the lost water. A good way to tell if you need more water is if you notice you are thirsty; you may already be getting dehydrated at this point.



### Signs of Dehydration Are:

- ✚ Thirst, dry mouth, flushed skin
- ✚ Fatigue
- ✚ Headache
- ✚ Dizziness, weakness
- ✚ High body temperature
- ✚ Increased breathing rate, rapid pulse

Drink plenty of  
**Water**



### Tips to Help your Kids Avoid Dehydration

- ✚ Eat foods with a high moisture content, such as fruits and vegetables. It's a good way to increase total water consumption.
- ✚ Not all flavored or vitamin waters are healthy. Be sure to check the Nutrition Facts label on the product for sugar content.

