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