

# Water as Fuel

Like food, water acts like fuel and helps your body function. To keep your body running smoothly, drink plenty of water throughout the day.

0 sugary  
drinks, more  
water & low  
fat milk

## FUEL YOUR BODY WITH WATER!

*When you exercise, you sweat and you lose water and minerals.*

It is important to replace this water. Kids who are very active for longer than 60 minutes may need to replace water and minerals using sports drinks, like Gatorade and Powerade, especially when it's hot and humid.

*Energy drinks are NOT sport drinks and should never be used to replace water during exercise.*

Most energy drinks, like Red Bull and SuperStar, contain caffeine, which causes the body to lose water. Too much caffeine can also cause anxiety, headaches, stomachaches and sleep problems.

*Energy drinks contain high amounts of sugar and calories.*

This could lead to weight gain and tooth decay.

## GET ENERGIZED!

- Water is the most important nutrient for active people.
- Between 70 – 80 percent of a child's body is made up of water.
- Water is the number one thirst quencher!

## DID YOU KNOW?

- Being thirsty is a sign that you are already dehydrated.
- Your ability to concentrate is related to how well you are hydrated.
- Thirst can also be mistaken for hunger, so by staying hydrated, you are less likely to consume excess calories.
- Try drinking a glass of water to satisfy a growling stomach. If you're still hungry after the water, feel free to reach for a healthy snack!
- Modeling is an effective strategy for any age group. Choosing water over sugary drinks in the workplace as well as at home will encourage others around you to lead a healthy lifestyle.

**Children who eat healthy, drink enough water and sleep well will have plenty of energy for all of their sports and activities.**