

HEALTHY EATING: WATER, WATER, WATER!



WHY IS WATER SO IMPORTANT?

Water keeps us hydrated, water helps us make sure our muscles and other body parts work well.

OUR BODIES ARE MADE UP OF A LOT OF WATER

TRUE!

Up to 60% of an adult body is made up of water. Since our bodies are made up of a lot of water, we want to ensure that we have the right amount each day to stay healthy.



WHEN WE DON'T DRINK ENOUGH WATER, OUR MUSCLES CRAMP

TRUE!

When you start feeling this way, it means that your body needs more water!

DRINKING LOTS OF WATER WILL MAKE YOU HAVE MORE FUN PLAYING SPORTS

TRUE!

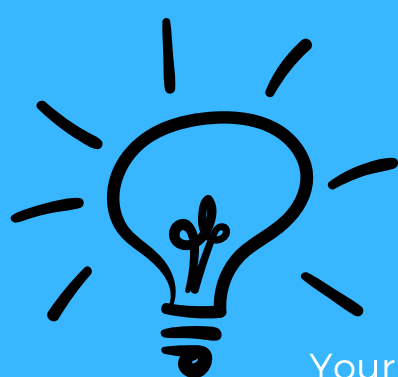
Drinking the appropriate amount of water gives you more energy to play the sports you love!



WHEN OUR BODIES KNOW WE NEED WATER, OUR HAIR WILL TURN BLUE

FALSE!

Your hair won't turn blue, but if you are very dehydrated, you may find you have: very dry skin, you feel dizzy, you feel sleepy, and your heart beats faster.



IF YOUR PEE IS A CLEAR COLOUR, YOU ARE DEHYDRATED

FALSE!

If your pee is a darker colour, it could mean you need to drink more water. When your pee starts looking dark, make sure to start drinking some water, and keep drinking water until your pee is a lighter colour again!



HOW MUCH WATER SHOULD YOU DRINK EACH DAY?

You should aim for 6-8 glasses of water each day!

