

Healthy Family Water Wise Tips



Brought to you by Healthy Kids Challenge and Aquafina
Make Your Body Happy™!

On the days you are feeling a little tired and irritable ...

Make your body happy! Take a refreshing water break. And while you are at it, stretch your arms and legs, too!

Water makes up 60% or more of our body weight and keeps everything "running". Feeling tired? On busy days, we don't always get all the water we need, and one of the side effects of dehydration is fatigue. It just makes sense to be water wise.

What can healthy families do to be water wise?

1. Be a role model!

Kids learn by example.
Help kids develop healthy habits by choosing water yourself!

2. Serve water or low fat milk at meals!

Kids drink what is available; what you serve becomes habit.

3. Make it easy to grab for water between meals!

Young children are among those at the most risk for dehydration. Make sure everyone is getting enough water by drinking water at meals and in between.

- Take bottled water with you when running errands, traveling, or going to the park. Aquafina makes it easy for on-the-go families. Toss in some low fat whole wheat crackers, orange wedges or grapes, and low fat string cheese for a healthy, tasty snack to refresh the whole family!

How much water should you drink each day?

While there is no single one size fits all formula, it is important to make sure your body gets what it needs. Keep in mind the amount of water you need increases with:

- Physical activity. The more active you are and the more you sweat; the more water you will need.
- Weather. Hot or humid weather or high indoor temperatures will make you sweat and increase your fluid needs.
- Illness. Water is lost with high temperatures, throwing up, and diarrhea, which increases needs.

Reference: MayoClinic.com <http://www.mayoclinic.com/health/water/NU00283>



Drinking Water is a Cool Thing to Do!

When we are hot, sweat is our body's way of keeping us cool. Without enough water to produce sweat, we heat up!



Water...It makes your body happy™!



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Water Trivia

What is your best guess?

How much water must a dairy cow drink to produce one gallon of milk?

Four gallons

More trivia facts: Environmental Protection Agency
http://www.epa.gov/safewater/kids/water_trivia_facts.html

Tips to make your body happy

- Carry a water bottle with you.
- Every time you pass a water fountain, stop and take a drink!
- Drink water with each meal.
- Eat more fruits and vegetables! They are good sources of water.



Water Words

Find the "water" words in the word puzzle.

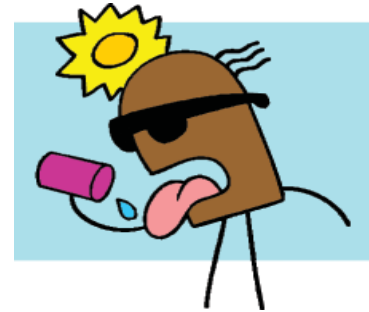
water, ocean, lake, aqua, stream, river

L	A	K	U	W
A	Q	S	A	N
K	R	T	Q	A
E	E	R	U	E
R	V	E	A	C
Q	I	A	X	O
W	R	M	Y	M

Check it out!

Are you drinking water?

If not, set a healthy goal. Grab water or low fat milk for snacks and meals.



Water Trivia

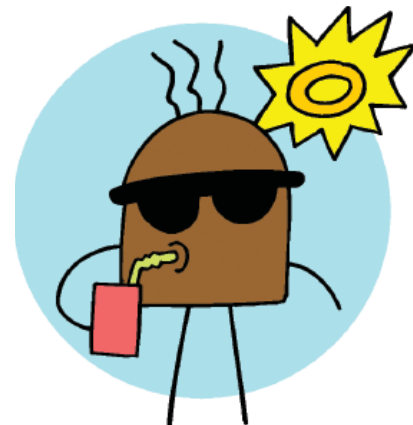
What is your best guess?

What percent of your brain is water?

Seventy-five percent*

*www.Aquafina.com

Source: International Bottled Water Association



Healthy Family Water Wise Tips

Think about grab and go ideas!

What are the healthy foods you can plan and take along for on-the-go?
Use the following checklist to create your own list!

My On-the-Go Healthy Food List

- Low fat crackers
- Baked chips, pretzels
- Mini-bagels
- Dried fruit
- Fresh fruit (i.e., orange wedges, banana)
- Veggies (i.e., grape tomatoes, baby carrots)
- Low fat cheese
- Bottled water
- Other (write other ideas below)



Think of simple ways for your family to be more active, and write them below! For example, walk or bike together one or more times a week, or celebrate birthdays or other special times with active fun like rolling skating, a game of Frisbee at the park, or miniature golf.



- For “water wise” information, visit the Aquafina Web site. www.aquafina.com and click on water facts.