



Water, the All Seasons Drink

Water: Summer, Winter, All Year-Round

We all know that water is good for us to drink year round, but the thought of downing a large glass of ice water doesn't sound very appealing in the winter, does it? It's for that very reason we need to think more about drinking water when the temperature outside drops. You are at greater risk for dehydration (low body water) when it's cold out.

So what does it matter if I get dehydrated, you may ask? Unscramble the following descriptive words explaining how even mild dehydration can make you feel.

rdeti (Answer: tired)

ydziz (Answer: dizzy)

cadhehay (Answer: headachy)

Test what you know about your "wintertime" water needs with these true and false questions.

True or False: **To get more water in the day, it's best to drink a couple of large glasses of water than sips of water often.** (Answer: Neither) The correct answer is what works best for you! However, during the winter you are not as thirsty, so you might have better success drinking more mouthfuls of water throughout the day, then trying to drink large amounts of water at a time. Keeping a bottle of water with you through the school day makes taking sips easy!

True or False: **Drinking water at meals doesn't make much difference in how much water you get during the day.** (Answer: false) Drinking water with your meals is a great way to get extra water, 3 times a day, year-round!

True or False: **You don't need to drink much water when exercising in the cold as you would when it's hot.** (Answer: false) You may not notice your sweat or the moisture escaping from your skin, nose and mouth when you are in the cold. No matter what time of year, it is important to drink water before, during and after exercising. Remember to take a bottle of water with you when exercising.

Challenge yourself to get more water by sipping water throughout the day, drinking water at meals or drinking water before, during and after exercising. Choose one of these suggestions or make up your own!

This week I will get more water in the day by _____

Nestlé Pure Life has partnered with Healthy Kids Challenge to help raise awareness among families about the caloric impact beverages can have on daily intake, and the importance of establishing healthful beverage habits at an early age.