



Name _____ Class _____ Date _____

Dehydration

Dehydration means that your body is losing more fluids than it takes in — and that’s not good! Don’t depend on your thirst to tell you whether or not your body needs a refill. Drinking water before, during, and after physical activity is one way to keep your body’s air conditioner working.



Help Your Body Stay Cool

Keep these **tips** in mind to help your body stay cool:



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PREVIEW

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Stay away from drinks that have caffeine, lots of sugar, or carbonation in them — like soda or tea. Drink bottled water, water flavored with lemon or lime juice, or water right from your own sink.

Eating **fruit** and other **cool snacks** is another way to keep your body cool! Pack peaches, oranges, watermelon, and grapes in your cooler — they taste great and **re-hydrate!**



Did You Know?

Did you know that sometimes you can’t even see sweat — like when you’re swimming? Which means you may not realize you are getting dehydrated. Just another reason to keep your water bottle in plain sight so you’ll **remember to drink up!**

