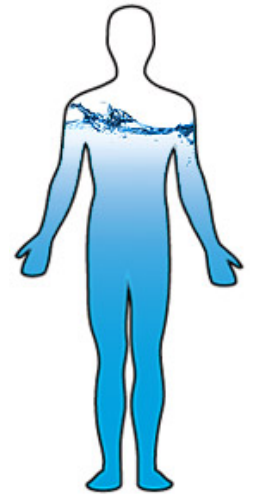




Tips for Increasing Your Fluid Intake: Lesson 11



Water is the most important fluid to drink to keep you hydrated! Your body is made up of about 70% water, so you need to constantly refill and drink up in order to stay healthy!



Try these tips for drinking more water:

- ❖ Choose water instead of sugar-sweetened beverages. Sugary drinks like will satisfy you at first, but will end up leaving you even thirstier after! Substituting water for one 20-ounce sugar-sweetened soda will save you about 240 calories. So, drinking water instead can help you maintain your weight.
- ❖ Choose water instead of other beverages when eating out at a restaurant. When eating out, it is easy to drink a lot of high sugar and calorie dense beverages without even noticing it. If you switch to water instead, you will save money, reduce calories and feel less bloated after eating a big meal out.

Visit us at www.fit4kidz.us

@2014 Biometrics Health; All Rights Reserved



- ❖ Give your water a little pizzazz by adding a wedge of orange, lime or lemon. This may improve the taste, and you just might drink more water than you usually do. You can also try squirting in a water enhancer, like Dasani Drops or Crystal Light Enhancers, which come in a variety of different fruity flavors.



How do I know if my body is well hydrated

If your urine has ever been very light yellow, your body might have been getting rid of excess water. When your urine is very dark yellow, it's holding on to water, so it's probably time to drink up. You can help hydrate your body by drinking when you're thirsty and drinking extra water when it's hot outside. Your body will be able to do all of its wonderful, waterful jobs and you'll feel great!



Visit us at www.fit4kidz.us

@2014 Biometrics Health; All Rights Reserved