

WATER INTAKE

The human body is about 60% water and the brain is estimated to be between 70 -80% water. Water is an integral part of our cells, blood, digestion and waste elimination.

1. Encourage water intake over excessive juice and milk drinking.
2. Sports drinks should be limited in their use, as water is the preferred drink.
3. General rule: children should drink $\frac{1}{2}$ their body weight in oz. (60lbs =30oz).
4. Sports activities – drink 4 – 6 oz of water for every 15 -20 minutes of exercise. Many people make the mistake of stopping before they are fully hydrated.
5. Some symptoms of too little water and possible:
 - dehydration
 - a. Fatigue
 - b. Headache
 - c. Dry mouth / cracked lips
 - d. Nausea
 - e. Constipation
 - f. Muscle weakness
 - g. Dizziness
 - h. Lightheadedness
 - i. Decrease in concentration



A note about juices and sports drinks.....

- Sports drinks don't actually hydrate better than water, but due to the typical sweet-tart combination, there is a tendency to drink more of them. In that way they can help children rehydrate. They should be limited due to the chemical content.
- Flavored stevia can be used to help kids transition to drinking more water.
- Coconut water is another alternative for hydration.

Here is a great alternative to sports drinks – **Homemade "GATORADE"**

1. 32 ounces of spring water
2. 2 Tablespoons of Redmond's Real Salt (salt should be grey/ white)
3. Juice of 3 – 4 limes
4. Molasses to sweeten (very high in minerals)