

Water Is The Most Important Drink!

What do children, trees, and your household pet have in common? They all need water for survival! Water is essential everyday for all living things, and without it the body stops working properly. Water makes up more than half of your body weight and a person can't survive for more than a few days without it.

Water plays an important role in all bodily functions. For instance, your blood, which contains a lot of water, carries oxygen to all the cells in your body. Without oxygen, those tiny cells would die and your body would stop working. You also need water to digest your food and keep your body cool in hot weather.

Being dehydrated means your body doesn't have enough water to function properly. This harms both physical and mental performance. Dehydration increases tiredness, keeps you from being as fast and as sharp as you'd like to be, and in serious cases can make you very sick.

Children are more vulnerable to the effects of dehydration than adults. Even though children have a lower capacity for sweating, their hydration needs are not much different than that of adults. As a result, children tend to overheat more frequently. Because kids' bodies don't cool down as well as adults', it's important to encourage active children to drink often and be aware of dehydration warning signs.

Beware of the signs of dehydration: No tears, dry mouth and tongue, dark yellow urine, sunken eyes, grayish skin, muscle cramps, difficulty paying attention, lightheadedness or dizziness, headache, noticeable thirst, and decreased urination.

To ensure you and your children are well hydrated, be sure to:

- 1) Drink at least 8 glasses of water a day to remain hydrated, and encourage your kids to do the same. Active children lose 2 or more quarts (8 cups) of water daily so their bodies need to be continuously replenished.
- 2) To gauge how much water is needed after exercising, try weighing yourself, or your child, before and after activity. For every pound lost you need to replenish your body with 2 cups of water. During activity, the general rule is 8 ounces (1 cup) of fluid every 15 minutes of activity.
- 3) Have your child take water breaks every 15-20 minutes while playing outside or participating in a sports activity, and get your kids in the habit of always carrying cold water in their beverage holder when they go for a bike ride.
- 4) Remember to place some water in your cooler when packing your car for a weekend trip or heading out to your child's next sports event. If you freeze a partially-full bottle of water the night before a trip and then fill it with more bottled water before you leave in the morning, you'll have instant chilled water all day long.

Be active every day and remember that *EXERCISE IS THIRSTY WORK!*



Roxanne Moore
National Director of Wellness Brand
Sodexo Education

Roxanne Moore is a Registered Dietitian and past spokesperson for the American Dietetic Association (ADA). She completed her undergraduate work in Dietetics at Hood College in Frederick, Maryland, and her Masters in Health Science and Business at Towson University in Towson, Maryland. Roxanne has over 15 years experience developing nutrition education programs and providing nutrition education for individuals, groups and the community-at-large. She is certified as a Child and Adolescent Obesity Counselor and a member of ADA Sports, Cardiovascular and Wellness Nutritionists dietetic practice group.

Sodexo is proud to partner with your school district to provide nutritious school meals for your children. Our unique approach provides students with a variety of healthy menu choices designed specifically to satisfy their taste preferences. To learn more, visit www.sodexousa.com or call 800-354-7000.

