

## **Fluid Intake – Importance of Drinking Water**

Since water is so important, you might wonder if you're drinking enough. There is no magic amount of water that children need to drink every day. Usually, children like to drink something with meals and should definitely drink when they are thirsty. But when it's warm out or you're exercising, you'll need more. Be sure to drink some extra water when you're out in warm weather, especially while playing sports or exercising.

When you drink is also important. If you're going to sports practice, a game, or just working out or playing hard, drink water before, during, and after playing. Don't forget your water bottle. You can't play your best when you're thinking about how thirsty you are!

### **When your body doesn't have enough water, that's called being dehydrated.**

Dehydration also can keep you from being as fast and as sharp as you'd like to be. A bad case of dehydration can make you sick. So keep that water bottle handy when the weather warms up! Not only does water fight dehydration, but it's awfully refreshing and has no calories.

Your body can help you stay hydrated by regulating the amount of water in your system. The body can hold on to water when you don't have enough or get rid of it if you have too much. If your urine has ever been very light yellow, your body might have been getting rid of excess water. When your pee is very dark yellow, it's holding on to water, so it's probably time to drink up.

You can help your body by drinking when you're thirsty and drinking extra water when you exercise and when it's warm out. Your body will be able to do all of its wonderful, waterful jobs and you'll feel great!