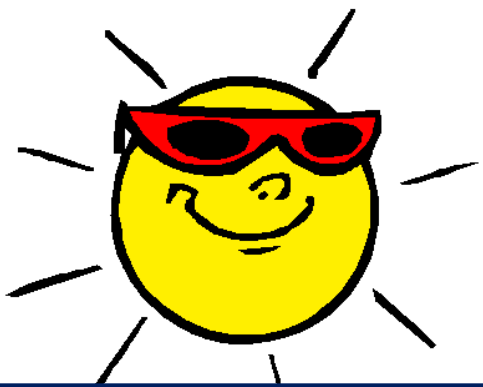


Keeping Cool During Summer

Summer brings with it fun times with family and friends. It also brings with it hot temperatures! Our bodies need even more water during these hot summer months because the heat causes us to lose a lot of water as we sweat. If we aren't careful to drink enough, we can become dehydrated, or not have enough water in our bodies. We need enough water to keep us healthy and energized!



Tips to keep Hydrated

Always carry a water bottle with you

Drink before you get thirsty

Avoid drinks with alcohol and carbonation (sodas) as these can actually dehydrate your body!

Enjoy water filled foods

Drink cold water



What are you going to do this summer to make sure you stay hydrated?
