

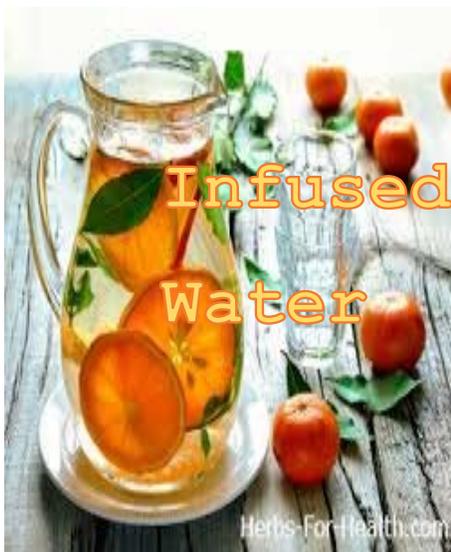
LOVE
YOUR
BODY

WATER WEEK

This Week at Making Moves, we are focusing on H₂O and how important water is for our bodies. When your child is thirsty what does she grab? Juice, Gatorade, or even sometimes a SODA?? Why not water??? So many of us consume empty calories by drinking sugary drinks and never drinking enough water. Water is essential for all of us to live, but is especially important when you are dancing, playing sports, or doing anything that exerts your body. A person can live about a month without food, but only about a week without water. We encourage our dancers to always bring water into the classroom and constantly keep hydrated.

Ways to flavor your water and make it fun to drink:

- 1) Infuse your water - Make a pitcher of water and add your favorite fruit. It gives it a natural flavor and kids love it!! If you want to get fancy with it, buy a glass pitcher, so the kids can see the cut up oranges, watermelon, lemons, etc. They love it!!!!!!!!!!!!!! No need to use those artificial flavoring packets when you have fresh fruit.
- 2) Choose sparkling or mineral water over soda. - Pouring this bubbly, zero-calorie drink is just as good for your body as drinking water- except it's got more pizzazz. Add a squeeze of lime juice, and it's basically like drinking a fancy cocktail.
- 3) Mark your daily water consumption - Use a marked water bottle to measure how much water you drank for the day.



Below are hard facts about how important water is for our bodies:

- Water is essential to your body's temperature regulation, keeping it cool through perspiration.
- Water flushes out toxins and wastes.
- Water is a major component of blood which carries nutrients and oxygen to and from all cells.
- Water provides a moist environment for all body tissues. It is the major component of saliva and mucous which lubricates the membranes that line our digestive system beginning with the mouth. Mucous membranes in the nose and eyes function better when well hydrated.
- Water cushions joints and protects tissues and organs like the brain from shock and damage.
- Water helps maintain a healthy weight. It is hard to distinguish between hunger and thirst. If you feel hungry, drink some water first wait 10 minutes, then reassess your hunger.
- Hydration is particularly important for children as they have higher water requirements in relation to their body weight than adults. Kids don't always recognize the early stages of thirst, which can make them particularly vulnerable to becoming **dehydrated**, especially during times that can drive up their body fluid losses, for example when they are playing sport or during warm weather. **Signs of Dehydration (even if only mild case can cause the following symptoms):** tiredness, headaches, lack of concentration, reduced mental performance and dry skin.



How much should kids be drinking?

The amount a child needs to drink can vary greatly due to factors including age, gender, the weather and how much physical activity they do. It is advised that kids aged 4-13 aim to drink approximately 6-8 glasses of fluid a day in addition to the water included in the food in their diet. Younger kids need relatively small drinks (e.g. 150 ml serving). Below is a guide of how many liters of water your child should consume in a day.

Gender	Age group	Amount of fluid from drinks and food (liters/day) ¹	Amount of fluid from drinks only (liters/day) ²
Boys and girls	4 to 8 years	1.6	1.1-1.3
Girls	9 to 13 years	1.9	1.3-1.5
Boys	9 to 13 years	2.1	1.5-1.7

MMDC wants to see what you drink



Take a picture of you, your friends, and/or your parents drinking water and tag Making Moves on Facebook, IG, Twitter, or you can even email it to us.

The funnier, the better!