

# Water Is Fuel for Your Body

Ever wonder why you need water? Like food, water acts like fuel in your body and helps your body function. To keep your body running smoothly, drink plenty of water throughout the day.

**Children who eat healthy, drink enough water, and sleep well at night will have energy for all their sports and activities.**

- Water is the most important nutrient for active people.
- Between 70-80% of a child's body is made up of water.
- Water is the #1 thirst quencher!



**Fuel your body with water when you need more fuel!**

**When you exercise, you sweat, and when you sweat, you LOSE water and minerals.** It is important to replace the water you lose when you sweat. Kids who are very active for longer than 60 minutes may need to replace water and minerals using sports drinks, like Gatorade® and Powerade®, especially when it's hot and humid.

**Energy drinks are NOT sport drinks and should never be used to replace water during exercise.** Most energy drinks, like Red Bull® and SuperStar™, contain CAFFEINE. Caffeine causes the body to lose water and can sometimes cause anxiety, headaches, stomachaches and sleep problems.

**Energy drinks contain HIGH amounts of sugar and calories.** The extra sugar and calories may add to weight gain and tooth decay.

**“In a game, when my players get thirsty, water gets the call.”**

—Arnie Beyeler, Manager, Portland Sea Dogs



Eat right. Be active. Get healthy.  
[www.letsgo.org](http://www.letsgo.org)



Every Day!

- 5** or more servings of fruits & vegetables
- 2** hours or less recreational screen time
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

