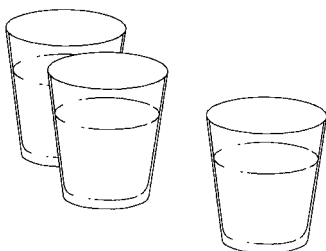


Drink Your Water!

Stark County Health Department
Community Nutrition Clinic
3969 Convenience Circle NW
Canton, Ohio 44718
330.493.9917



Your body sweats when you exercise. This makes your body lose water.

Water helps your body stay cool. Your body will not work well without enough water. Also, you can get very sick.

Before you exercise, drink enough water. You can also have a sports drink mixed with water. (Do not have a drink with caffeine.) Then you will be ready to exercise.

Before you exercise:

- Drink 2 cups two hours before.
- Drink 1 cup 15 minutes before.

Kids under 10:

- Drink 1 cup two hours before.
- Drink $\frac{1}{2}$ cup 15 minutes before.

Drinking water **while you exercise** will help your body.

While you exercise:

- Drink $\frac{1}{2}$ to $\frac{3}{4}$ cup every 10 or 15 minutes.

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continued

Drink more water **after you exercise**, too. How much should you drink?
To find out, weigh yourself without clothes before and after you exercise.
Then:

After you exercise:

- Drink 2 cups of water for every pound you lost.

NOTES: