



# NEWS PARENTS CAN USE

## Session 3

## Super Water Wally

### Water for Good Health

Water is key to good health! Drinking 8 to 10 cups each day improves your health in many ways. Water keeps your skin and tissues soft and moist, helps ward off headaches and moves vitamins and minerals around to all body parts. Water also keeps body temperature normal, muscles working right and your body rid of waste products.



### Did You Know?

- ◆ If you feel thirsty, your body is already short on water; it's getting dehydrated.
- ◆ Not having enough water can make you feel tired.
- ◆ Your brain may not be able to think clearly if it doesn't have enough water.
- ◆ Dehydration will decrease athletic strength and performance.

### What's In Your Child's Glass?

How do popular drinks compare to water? Water has no added sugar and maybe a few minerals. Soda and juice drinks have large amounts of added sugar and little or no vitamins and minerals. If these drinks are your main fluid intake, they can cause health problems. Too much sugar can cause tooth decay, weight gain and even a rise in blood cholesterol levels. Limit drinks full of sugar, corn syrup or high fructose corn syrup. Offer water or lowfat milk or 100% fruit juice diluted with plain or sparkling water.



### *Just Do It!*

Let kids pick out their own water bottle to carry in the car so you don't stop for sodas. Give kids their own colorful container of water in the refrigerator and challenge them to drink it all by the end of the day. Have them keep a chart of how much they drink.

## Water in Fruits and Vegetables

Fruits and vegetables are a good source of water. Look how much water is in these fruits and vegetables:

<u>Vegetables</u>	
Lettuce	95% water
Tomato	94% water
Green Beans	92% water
<u>Fruits</u>	
Watermelon	94% water
Orange	86% water
Apple	85% water



Eating fruits and vegetables each day is a good way to help your body get water!

## Water and School Performance

Can something as simple as drinking more water really help your child in school? Yes! Water keeps the brain working well so your child can think clearly and do his or her best in school. Water can also help prevent headaches.



### **Families On The Move!** **Physical Activity Makes a Healthy Difference**

Children and adults both benefit from being active. Moderate amounts of daily physical activity are recommended for people of all ages. Regular physical activity makes kids healthier!

- ✓ Helps build and maintain healthy bones, muscles, and joints.
- ✓ Helps control weight.
- ✓ Helps build or tone muscles and reduce fat buildup.
- ✓ Prevents or delays high blood pressure or helps reduce it if it's already high.
- ✓ Helps prevent Type 2 Diabetes

Adults should aim for an average of 30 minutes of physical activity each day, and children should go for 60 minutes.



Feed their heads. Fuel their bodies. Fill their hearts.

**Join us at our new  
website just for  
Food \$ense Parents!**

**[www.growhappykids.org](http://www.growhappykids.org)**