

# WATER IS FUEL for your Body

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

Arnie Beyeler, Manager,  
Portland Sea Dogs

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

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

- Between 70-80% of your body is made up of water.
- Water is the # 1 thirst quencher.

**Give Your Body Water When You Need More Fuel!**

**When you exercise, you sweat, and when you sweat, you LOSE water and minerals.** it's important to replace the water you lose when you sweat by drinking water. you can replace the minerals by eating a piece of fruit such as a banana. it's uncommon for kids to reach a level of activity where they require sports drinks. Most often the best choice is water and a light snack.

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



[www.iowahealthieststate.com/5210](http://www.iowahealthieststate.com/5210)

This resource is adapted from Let's Go! materials. [www.lets.go.org](http://www.lets.go.org).

**Stay hydrated!  
It's cool.**