

WORLD CUP
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Beat the Heat: Stay Hydrated!

Did you know?

Our bodies depend on water to survive. In fact, about 60% of your body is made up of water!

Water helps control our body temperature. We need more water in hot or humid weather.

Tips for Staying Hydrated

-  Carry a refillable water bottle to sip from throughout the day.
-  Drink lots of fluids, even if you don't feel thirsty.
-  Eat hydrating foods, like cucumbers, spinach, and watermelon.
-  Limit drinks that are high in sugar, caffeine, and alcohol.
-  Set reminders to drink water.