

CHCS

'BIGGEST' WINNER' 2008

"I can do all things through Christ who strengthens me." - Philippians 4:13

Kids' Edition

Eating AND Drinking

Drinking is just as important as eating! Not only is water needed for keeping you alive and your body working the right way, it also makes a big difference in how well you can do the activities you enjoy. It's very important to drink plenty of fluids, especially when you're playing sports or exercising.

Here are six ways to keep cool:

1. Drink extra water during hot and humid weather.
2. Try to exercise or play sports during the cooler times of the day when it's hot outside.
3. Take "drink breaks" regularly when you're playing hard -- in the shade, if possible.
4. Wear loose-fitting, natural-fiber clothing that lets the sweat evaporate and cool your body.
5. Take some time to get used to weather that's hotter than what you've been playing in when it was cooler.
6. Drink extra water during the day before you participate in a sporting event.

Go For H²O!

Water is the best all-around drink, hands down. What's that? You don't like drinking just plain old water? It could be because you've gotten used to drinking things that have hidden sugar. Give your mouth a chance to get used to good old H²O -- make it nice and cold with ice!

You can also try mixing water with fruit juice (real juice, not some sugary "juice drink") -- half juice and half water.

Sports drinks may not be such a good choice, at least not very often. Many kids find that they sit "heavily" in their stomachs. If you do drink sports drinks, try mixing some water with them, or drink water in between the times you drink the sports drink. Check the sugar content in these drinks, too. Remember -- sugar hides everywhere! Check out the price, too. Sports drinks can cost a lot of money!

The important thing is to get plenty to drink so your body can do its very best!

Portions taken from 'Awesome Foods for Active Kids' by Anita Bean

Glug, Glug, Glug...

- Be friendly to the environment -- buy a water bottle that you fill yourself instead of the ones you throw away.
- Keep your water bottle where you can get to it easily.
- Take regular drinks -- every ten to twenty minutes would be good. It might take a little practice to get used to

doing this.

- Don't wait until you are thirsty. Your body needs that water whether you "feel" thirsty or not!
- Drinks don't HAVE to be cold, but a small cooler will keep your drinks cool.



Think
Before You Eat!