



Oliver's team talk

Each month a newsletter encouraging healthy behaviors will be sent to you. Be sure to check out each issue for ideas to Teach, Excite, Activate and Motivate your students!!!

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Teach! TEACHERS CORNER

The last day of school is May 25th, that means the first day of summer fun in May 26th!! Swimming, biking, playing with your friends – all activities that need fuel. And in Houston, summer fun means you need to drink more water too.

Just like a plant, you need water to stay alive. Your body uses water to do almost everything – like eating, breathing and moving your arms and legs. It's important to drink lots of water everyday.

Most people need 8 to 12 cups of water a day, but if you are physically active or in an extreme climate (hot or cold) your needs go up. So make water your best friend this summer, it does a body good.

Excite! READY, SET, GO!

You may survive for six weeks without food, but you cannot live longer than a week or so without water.

How much of your body is water?

- newborn's body weight - 75%
- adult body weight - 55% to 75%
- Elderly adult's body weight – 50%

Your brain - 75% to 80% water

Your blood - about 83% water

Your bones are 22% water

Lean muscle tissue - 73% water

Body fat – 25% water

Make **HEALTHY CHOICES** for Life!

Activate! MAKE YOUR MOVE

Be sure to drink plenty of fluids – before, during and after physical activity – this includes swimming too! Swimmers perspire but don't notice it.

Drink water – even if you aren't thirsty. By the time your body sends thirst signals to your brain you are already beginning to become dehydrated, don't wait!

Play it cool, water helps cool your body down. Its okay to drink cold water during exercise it doesn't cause stomach cramps. Stomach cramps can be a sign of dehydration if you don't replenish the fluid loss during exercise.

Motivate! SPREAD THE WORD

DRINK MORE WATER

- Keep water cold in the fridge or drink water with ice
- Try sugar free flavored or sparkling water
- Add a slice of lemon or even mix in a little bit of your favorite fruit juice
- Carry a water bottle around with you, for when you're on the go

Source: The ADA's Complete Food & Nutrition Guide, Roberta Larson Duyff, MS, RD, CFCS