



## ***Water for Life***

Aquarion Water Company's primary mission is to serve as stewards of the environment. We provide high-quality water to keep you and your family happy and healthy. Here are some water wise tips that you can incorporate into your daily routines to make the most of Aquarion water.



- **Don't wait until you are thirsty to drink water.** Thirst is a signal that your body is already dehydrated. Be sure to take regular water breaks throughout the day.
- **Send your children to school with a sports water bottle** filled with water. On a regular day, the human body can lose 2-3 quarts of water.
- **Reach for water instead of caffeinated drinks, juice, or soda.** Caffeine is a diuretic, which means that it increases the amount of water your body loses. Juices and soda increase the empty calories in your diet.
- **Start and end your day with water.** Your body loses water while you sleep.
- **Drink water before, during, and after exercising** or participating in strenuous activity. Be sure to have a water bottle with you so that you can have a drink during your activity.
- **If you get sick with a cold or flue, drink water often.** Keep a glass of water by your bedside.
- **Drink water before and after meals** to aid digestion.

## BABIES AND SMALL CHILDREN NEED MORE WATER



Babies and small children have an increased risk of dehydration because:

- **A considerable percentage of their bodies consists of water**
- **Children have a high metabolic rate, so their bodies consume more water**
- **A child's kidneys are not as efficient in conserving water, compared to an adult's**
- **They have an immune system that is not as mature as those of adults, which increases the risk of illnesses that cause vomiting and diarrhea**
- **Children will often not drink or eat when they are feeling ill**
- **They depend on others to provide them with water**

## WATER'S ROLE IN SPORTS AND EXERCISE

If you exercise or play sports and begin to sweat, drinking water is crucial. When you sweat a lot, your body loses more water than usual. The more you exercise and the more you sweat, the more water you need to drink. If it is hot or humid, drinking water is even more important because you are at a higher risk for heat exhaustion.



Here are some guidelines for the amounts of water you should drink before, during, and after exercising.

- 1-2 hours before exercising  
**10-14 oz of cold water (approximately 1 ½ cup)**
- 10-15 minutes before exercising  
**10 oz of cold water (approximately 1 ¼ cup)**
- While exercising  
**3-4 oz of cold water every 15 minutes (approximately ½ cup)**
- After exercising  
**2 cups of cold water for every pound of weight lost through sweat** (usually 1-2 cups for kids)

If it's a hot day, you may feel thirsty enough to drink even more water, which is great!

Do NOT wait until you are thirsty to drink water. Has your mouth ever been dry and you've suddenly felt very thirsty? That is your body telling you that you are already dehydrated. Although you might have a drink of water and feel much better, it is healthier to drink water before dehydration occurs. You will feel better and have much more energy!