

HEALTHY LIVING HANDBOOK

Book Three - Hydration



“Encouraging Healthy & Happy Lives”

MY NAME

MY FRIENDS

Introduction

Health and wellness is an important part of being able to live a happy life. COR believes that in order to realize our dreams and accomplish our goals, we need to first be healthy and physically able to succeed!

These books are full of useful information and fun activities that will help guide you on your path to becoming healthy for a happier life.

Through understanding the importance of eating right, exercising, sleeping well, staying hydrated, keeping clean, and staying safe you will be able to improve your life and help others as well!

TYPES OF BOOKS

Nutrition

Book One

Physical Activity

Book Two

Hydration

Book Three

You are Reading Book Three
This book is great to read
with a friend

Sleep

Book Four

Personal Hygiene

Book Five

Personal Safety

Book Six



Chapter Three - Hydration

Water is the most important liquid
in the entire world

It aids your body in many essential bodily
functions and makes up around
70% of your body.



This amounts to
nearly
48L of water
in the average male!
That about

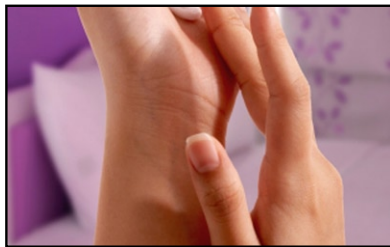
This is an example of where the majority of the water in your body is located.



Lungs: 90%



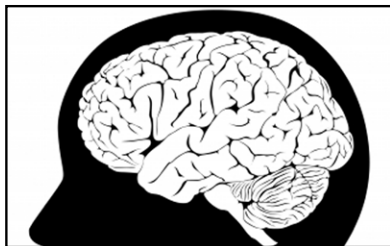
Blood: 82%



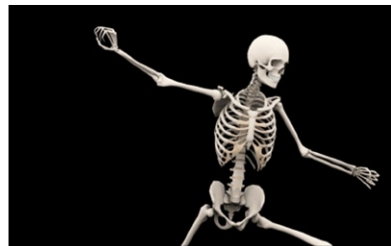
Skin: 80%



Muscles: 75%

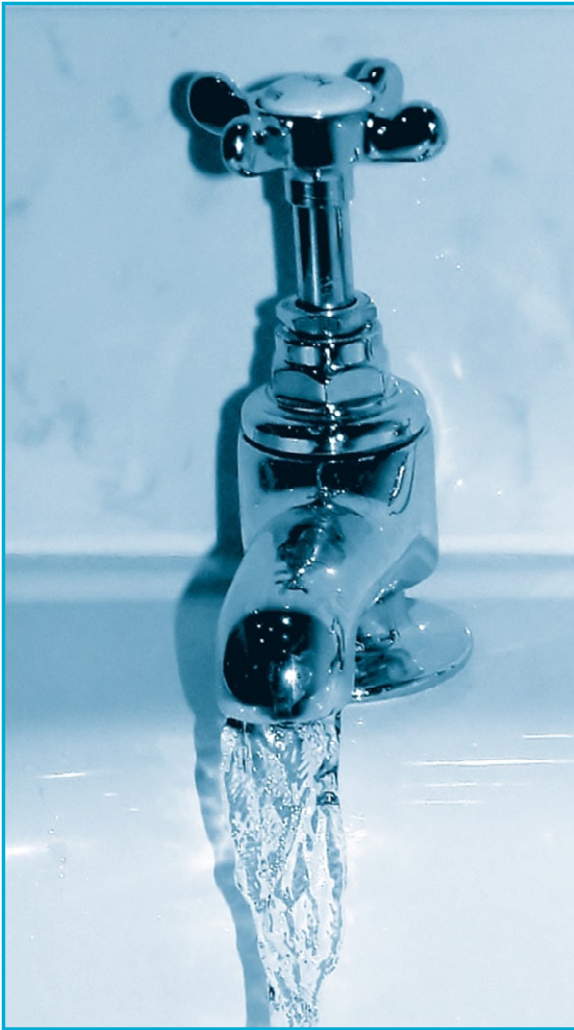


Brain: 70%



Bones: 22%

WATER ACTIVITY



With a friend, go to your kitchen or bathroom sink and turn the water on full blast. Then count 13 seconds out loud or have someone time 13 seconds.

The amount of water that comes out of the sink in that 13 seconds is approximately how much water your body loses each day! Your body loses this water through sweating, breathing, and going to the washroom.

Since your body is made up of such a large quantity of water and you lose water throughout the day,

How much water do you think you should be drinking every day?

___ 1 glass

___ 4-5 glasses

___ 8-12 glasses

___ 8-12 glasses

depending on the food
you've eaten during the day



Did You Know?

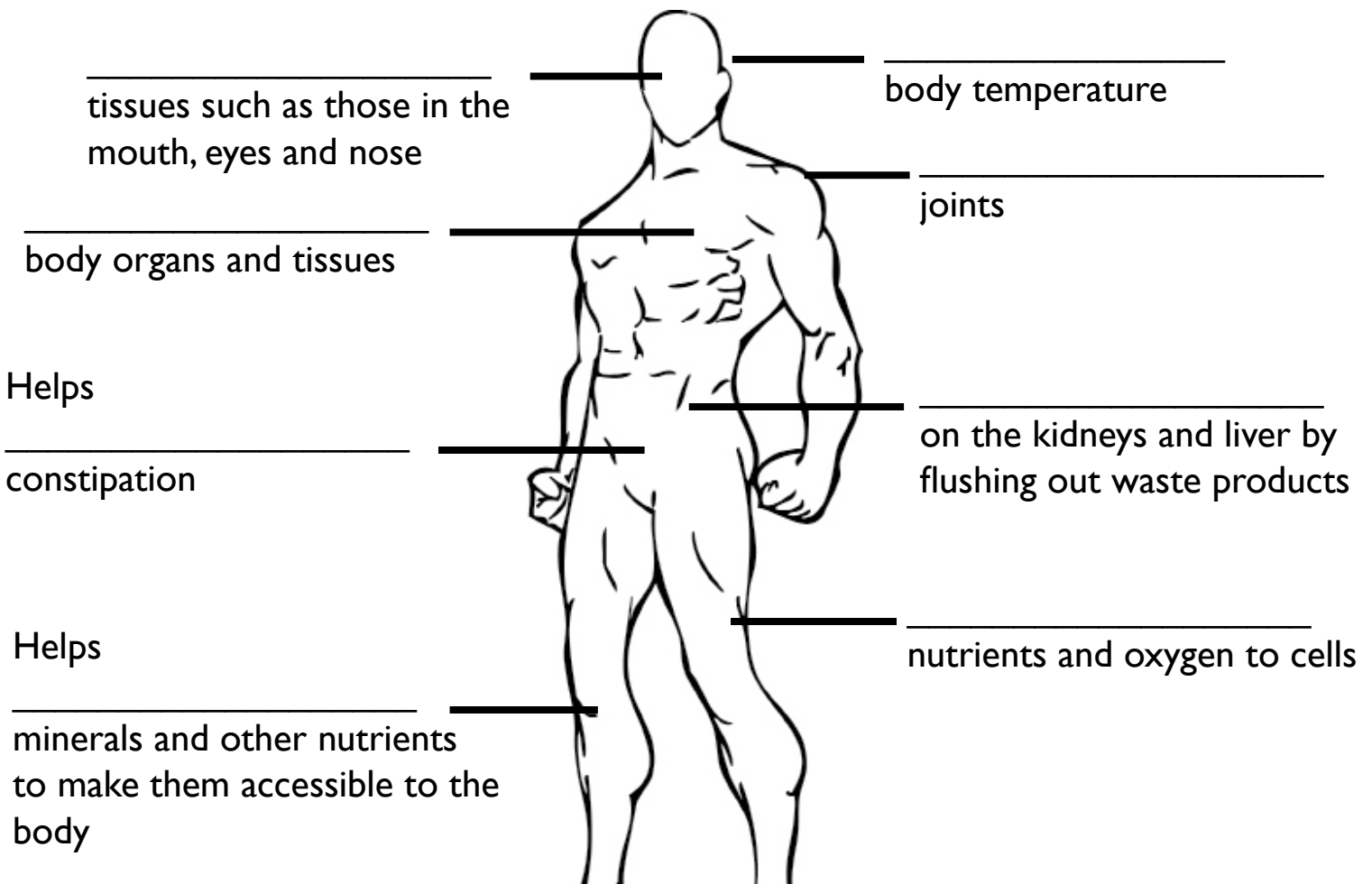
Not all the water your body requires needs to be consumed in the liquid form. Nearly all the food and drink we consume contains some water. Fresh fruits and vegetables have a high amount of water and aid in making sure that the body gets enough water.

Matching Activity

Now that we know how much water our body needs, let's take a look at what water does for your body. Below is a word bank and a diagram that lists the benefits of water for our body.

Match the words from the word bank to the blanks on the diagram.

Water's effect on the Body



WORD BANK

Moistens - Protects - Prevent - Dissolve
Regulates - Lubricates - Lesses the burden - Carries

Can you come up with **TWO WAYS** to make sure that we drink plenty of water throughout the day?

Here are a few ideas to get you started.

Carry a water bottle with you throughout the day

Take a drink from all the water fountains you come across

Drink a glass of water with each meal

Drink a glass of water every time you take your medication

1. _____

2. _____



Michael Says...

“Drinking water has benefits to match the seasons. Water keeps you cool and hydrated in the hot summers so that you don’t overheat and get dehydrated. In the winter, drinking lots of water keeps your skin hydrated so that it doesn’t dry out and get cracked. So no matter what time of year it is, it’s always a good idea to drink water!”

PERSONAL GOALS

Together with your friend, come up with
ONE short term goal (within the next week)
+
ONE long term goal (within the next month)
to improve your hydration.

Short Term Goal

Long Term Goal

Now take the next week to apply the knowledge that you've learned and to do more research if you would like more information. Don't hesitate to ask questions if you are unsure about something.

Write down some things you have learned
from the chapter and any questions that
you would like answered

Glossary

What does this word mean??

Resources

Hales, Dianna & Lauzon, Lara. *An Invitation to Health*. Toronto: Thomson Canada, 2007.

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Friendships, Feelings & Futures. New Brunswick: New Brunswick Association for Community Living, 2004.

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