

# Drink Water

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Your body needs water. Drink it every day. Drink extra water when you exercise and on hot days.

Exercise and heat can make you sweat. Sweat helps keep your body cool. Sweat is mostly water. Your body loses water when you sweat. That is why you need to drink extra water.

Drink water even if you are not thirsty. Have it before you exercise. Drink it during and after you run around. Move to the shade to cool off.

What if you do not drink enough water? You may get sick. So drink up! Water will keep your body running. Then you can run, too!