

# the *Magic* of WATER

**To Develop One Healthy, Active Community in the Rockford Region.**

## Water and Play/Exercise

### Before play/exercise:

- Drink 10 – 14 ounces of cold water 1–2 hours before activity (about 1 bottle of water)
- Drink 10 ounces of cold water again 10 – 15 minutes before activity (about 1 bottle of water)

### During playing/exercise:

- Drink 3 – 4 ounces of cold water every 15 minutes (about 1 paper cup size)

### After playing/exercise:

- Drink 16 ounces of cold water after the activity (about another water bottle and paper cup size)

## How Much Water?

### The magic number for water is 10!

Most children should take time for about 10 gulps when drinking from a water fountain.

*Note: Amount needed can vary based on activity level, size, age, number of visits to fountain, etc.*

## Other Sources of Water

### Eat Fruits and Vegetables!

Eating more fresh fruits and vegetables in the summer can add to our water consumption.

## Benefits of Water

We can play like a winner if we drink water!

We can jump higher. We can swim faster. We can run longer.

All because of the magic of water... water helps your muscles work!

**The GetMoving initiative is a local community strategy to facilitate active living and healthier eating through policy and environmental changes.**



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