

Mission

To be a leader in hydration promotion and heat illness prevention through education and supporting activities.



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The Kendrick Fincher Hydration Foundation is a non-profit 501.c.3 and relies on grants and donations to support their programs.

More information on the Foundation and its programs may be received through:

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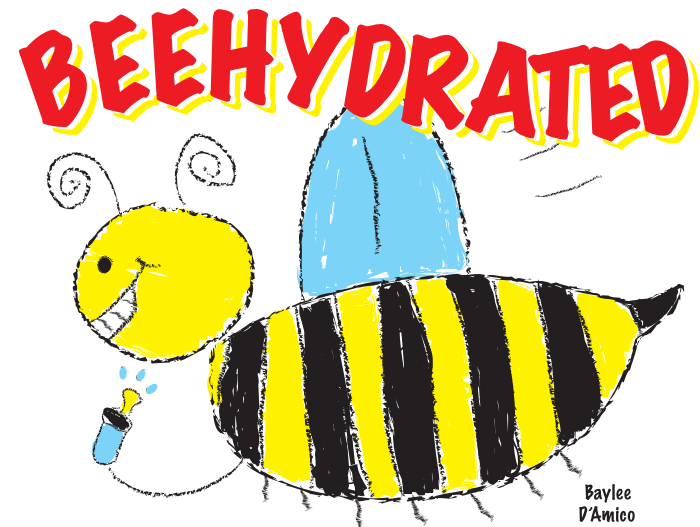
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Hydration Education for School Age Children



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Hydration Facts

- * 75% of the body is made up of water
- * 80% of the brain is made up of water
- * 75% of the muscles are made up of water
- * 92% of the blood is made up of water
- * Water carries nutrients and oxygen to all cells in the body
- * Water helps convert food into energy
- * Water regulates body temperature
- * 1% dehydration results in thirst
- * There is a 10% decrease in your mental performance when you feel thirsty
- * 2% dehydration reduces your ability to work
- * 4% dehydration results in lethargy, apathy and mental symptoms
- * If you are dehydrated you are more likely to have trouble concentrating, be more irritable and have more headaches
- * Long-term effects of being dehydrated include kidney and urinary tract infections, constipation, continence problems, and kidney stones.
- * If you are well hydrated, exercise feels easier and more enjoyable.

How much should you drink?

Recommended quantities of water for school age children range from 50 oz for a five-year old to 60 oz for a ten-year old. The minimum fluid intake recommended for adults or children over 100 pounds is your weight divided by 2 (100 pounds = 50 oz of water).

When should you drink?

Drink often throughout the day. The clearer your urine, the more hydrated you are. If you notice your urine is darker, drink more water. You should drink more if you have been sweating or if you are playing sports. (Please refer to our "Beat the Heat" pamphlet for more information on proper hydration and heat illness prevention for athletes.)

What should you drink?

Water is the best source of hydration for your body. Soft drinks are not a healthy choice for hydration and will actually make you dehydrate faster so they can be detrimental if you are playing sports. Sports drinks are good if you have been playing in sports or exercising for more than 40 minutes. Milk and juice are healthy as part of your diet, but they also contain calories, which should be considered to maintain a healthy weight.

Remember

- * Wash your squeeze bottle with soap and water daily.
- * To prevent spreading germs, if you share your squeeze bottle, just squirt the water in your mouth.
- * Write your name on your squeeze bottle.

