



AQUARION

Water Company

*Aquarion Water Company's primary mission is to serve as a provider of good, high-quality water, as reflected by its trademarked **Quality Water For Life®** and **In a Glass By Itself®** messages. Please read and share with family members and friends.*

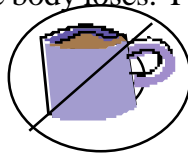
Water Wise Tips!

- Don't wait until you are thirsty to drink. Thirst is a signal that your body is dehydrated. Be sure to take regular water breaks throughout the day.



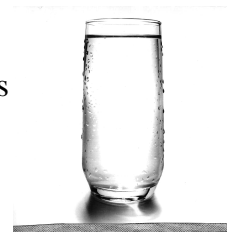
- When sending your children to school include a sports bottle with water. On a regular day a body can lose two-to-three quarts of water.

- Reach for water instead of caffeinated drinks, fruit drinks, or soda. Caffeine is a diuretic which increases the amount of water the body loses. Fruit drinks and soda increase the empty calories in our diet.



- Start and end your day with water. Your body loses water while you are sleeping.

- Drink water before, during, and after exercising or participating in strenuous activity. Be sure to bring a water bottle filled with Aquarion water so that you can have a drink during your activity.



- If you get sick with a cold or flu, drink *water often*. Keep a glass of water by your bedside.
- To aid digestion drink water before and after meals.



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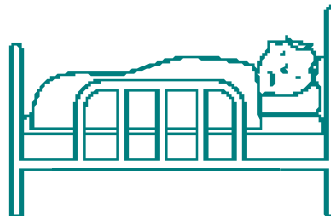
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Babies and Small Children Need More Water

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 compared to an adult's are not as efficient in conserving water.**
- **They have an immune system that is not as mature as an adult's, which increases the risk from illnesses that cause vomiting and diarrhea.**
- **Children often will not drink or eat when they are not feeling well.**
- **They depend on others to provide them with water.**



Source: Yale/New Haven Health Wise web site



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Sports/Exercising



If you exercise or play sports and begin to sweat, drinking water becomes important. 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 becomes 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 according to Kim Rutherford, MD, from the Nemours Foundation:

- **1 - 2 hours before exercising:** 10 - 14 ounces of cold water (about a cup and a half)
- **10 - 15 minutes before exercising:** 10 ounces of cold water (about a cup and a quarter)
- **While exercising:** 3 - 4 ounces of cold water every 15 minutes (about a half-cup)
- **After exercising:** 2 cups of cold water for every pound of weight loss through sweat (this means about a cup or two for most kids; if it's a hot day you may feel thirsty enough to drink even more)



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

