



Beat the Heat! Stay Hydrated!



Your body craves water. It needs it. It gets **HOT** here in Georgia during the summer months, and though we are back in school, August is usually filled with high temperatures and high humidity (that sticky feeling on your skin when you go outside). It is very important to stay cool and hydrated during these time periods. This is **ESPECIALLY** true for when you go outside to play or participate in outdoor sports.



Some Signs of Dehydration

Thirsty

Dry Skin/Chapped Lips

Fatigue

Headaches

Nausea

Irritability

Best Choices for Hydrating Water

**Fruits/Vegetables with high
water content**

Sports Drinks*

**for outdoor activity lasting 1 Hour or MORE*

Other Foods that Beat the Heat

Watermelon (91% Water)

Celery (95% Water)

Carrots (88% Water)

Peaches (89% Water)

Apples (86% Water)

Farm to School Cucumbers to Beat the Heat

High water content (97%)

Refreshing

Versatile

