



# Cool Water

Thirsty and looking for something refreshing to drink? Instead of reaching for soda, fruit punch, and other sugary drinks, experiment with fun ways to hydrate and cool down with water. Try some of these tips, or create your own!

- **Carry a favorite water bottle:** Water is calorie-free and cheap (or even free) when taken from the tap. Keep a favorite water bottle with you so you have quick access at home, school, or on the go.
- **Flavor the water with fresh fruit:** Lemon, lime, or orange slices as well as frozen berries are tasty additions and great to mix together!
- **Colorful cubes:** For a colorfully cold twist, freeze 100% juice into ice cube trays and add a few of them to your water.



## Did You Know?

- Both the human brain and a living tree contain 75% water!
- There is the same amount of water on Earth now as when it was formed. The water from your faucet could contain molecules that dinosaurs drank!

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

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