

1113 West Poplar Street  
Rogers, AR 72756  
479-986-9960  
kendrickfincher.org

# BE SMART. BEE HYDRATED!

Hydration Education for School Age Children

## MISSION

Promote proper hydration and prevent heat illness through education and supporting activities.



Kendrick Fincher  
2/5/82 to 8/25/95

Kendrick Fincher Hydration for Life is a 501.c.3 nonprofit and relies on grants and donations to support our programs

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Beehydrated

Hydration Education curriculum resources and support materials are available. For ordering information contact [info@kendrickfincher.org](mailto:info@kendrickfincher.org)

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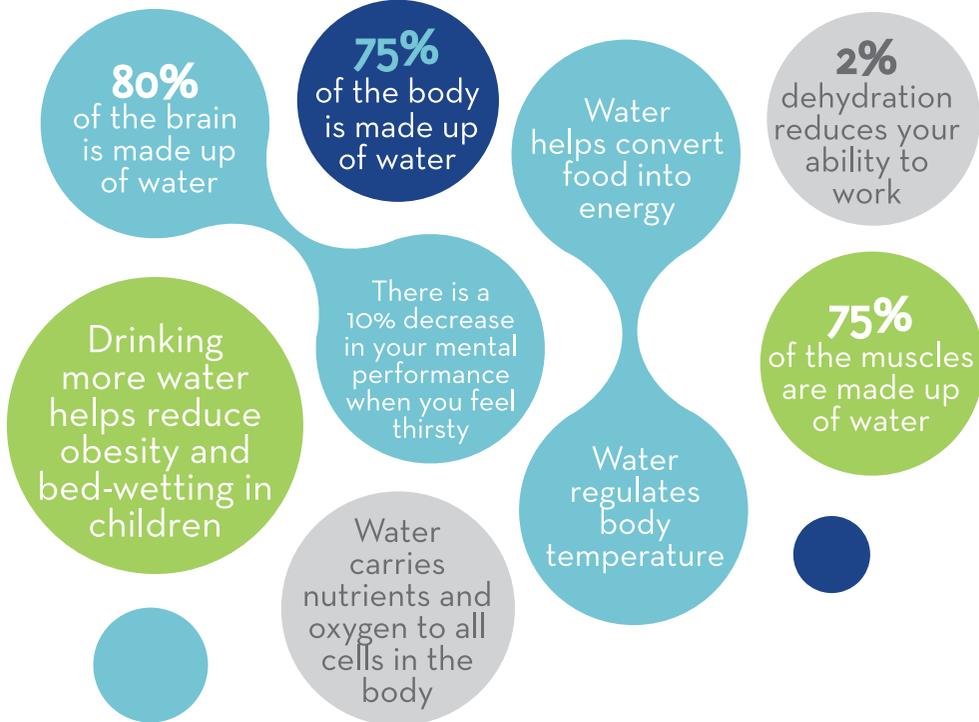
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## Be Aware. Know the Facts.

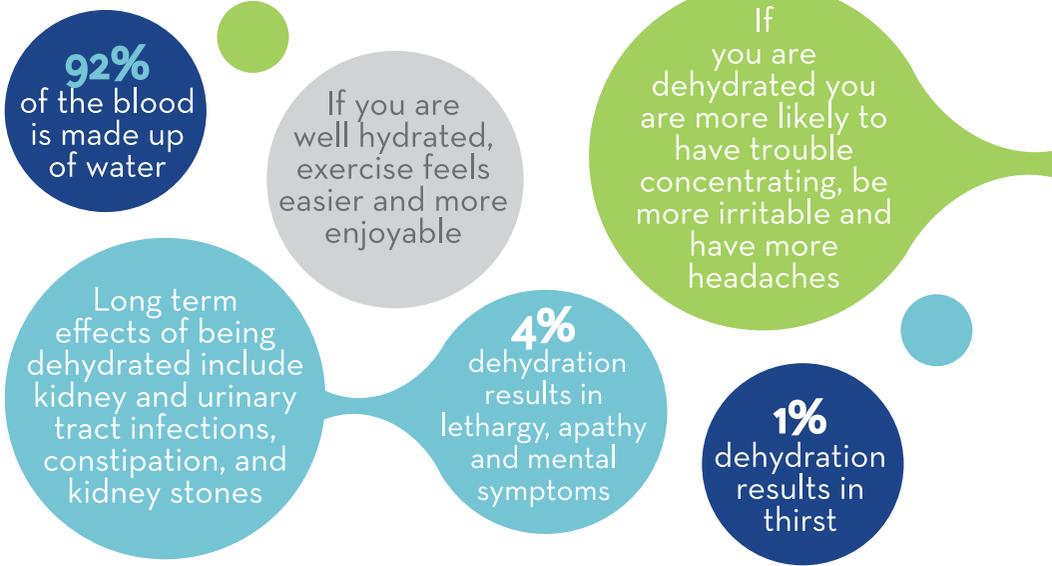


## Be Healthy. Know the Choices.

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

**Remember to drink often throughout the day.** You do not feel thirsty until you are 1% dehydrated and your ability to concentrate will already be affected. The clearer your urine, the more hydrated you are. Remember to be a private detective—if you notice your urine is darker, drink more water.

**Choose the right beverage!** Water is the best source of hydration for your body. Soft drinks are not a healthy choice for hydration and they will actually make you dehydrate faster. They are very detrimental if you are hot and/or very active. Sports drinks are good if you have been playing or exercising strenuously for more than 1 hour. Milk and juice are healthy as part of your diet, but they also contain calories, which should be considered to maintain a healthy weight.



## Be a Detective. Know the Warning Signs.

Thirst	Loss of Muscle Coordination	Fainting
Nausea	Light Headedness	Flushed Skin
Headache	Poor Concentration	Fatigue
Weakness	Dark Urine Color	Vomiting



## Be Safe.

Always hydrate **before, during and after** strenuous activity. Proper hydration will help you perform at your best and protect you from feeling dehydration's serious side effects

- **Before** gives you a head start to help you be at your best
- **During** gives you the energy to keep going
- **After** helps you replace the fluids your body loses in sweat that are vital to your body's recovery.

Heat-related illnesses are some of the most common problems for youngsters playing in the heat. These conditions can be dangerous, or even fatal in some cases. Heat-induced illness is one of the most preventable sports injuries. Parents, students, coaches and teachers need to understand physiological factors that increase the risk for heat-related illness and take steps to prevent it. For more information on staying safe in the heat, see our "Beat the Heat" educational pamphlet.