



## HEALTHY LIVING FOR TEENS

PART 3

In October and November's HealthWatch we covered vitamins and minerals as essential team players for health.

Let's consider one more thing – water!

### Another Power Player on Your Team

**WATER** is a power player on your support team. It carries nutrients to cells and removes waste products. Water is also needed to help regulate body temperature. It makes up 55-75% of your body weight.

When you sweat during exercise, it's easy to become overheated, headachy, and worn out - especially in hot or humid weather. Even mild dehydration can affect an athlete's physical and mental performance – not a good thing!

Most people need about 6-8 glasses of water each day. If you're playing sports, exercising, or just plain running around with your friends on a hot summer day, you'll need more.

So, **vitamins, minerals, and water** – what a great team! You now know how to win the game of feeling great and having the energy for all the gazillions of things you do every day!

Source: Northwestern University Nutrition

### Final Note - The Backup Game Plan

Every good athlete knows you've got to have a backup game plan. If you can't eat right each and every day, one way to help get all your vitamins and minerals is to supplement your diet with a multivitamin or multivitamin/mineral supplement. A dietary supplement may be a good way to cover all your bases to stay fit and healthy.

A dietary supplement can be a tablet, capsule, or liquid. Typically it contains a wide range of vitamins, minerals, and if it's a really good one, additional nutrition from antioxidant rich fruits and/or vegetables. A multivitamin or multivitamin/mineral supplement helps you get the amount of optimal nutrition you need every day to be on top of your game.

When looking for a good dietary supplement you need to know how to read the ingredient section on the label. The ingredient section is called the *Supplement Facts Panel*. It shows you the serving size, calories, carbohydrates, sugars, and the individual vitamins and minerals and their amounts. Sometimes supplements contain more than 100% of the RDA and DRI. This is because some vitamins and minerals have proven benefits at higher levels.

\*Always talk to your mom or dad before taking any dietary supplement.

WHAT ABOUT SPORTS DRINKS?



Sports drinks may be a good idea if you're working hard and really sweating. Good ones can replace lost fluid and provide energy. They usually have added potassium and sodium, two common electrolytes lost in sweat. Electrolytes regulate many body functions and support muscles.

