


Young people need to stay hydrated during physical activity

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<p>Young people need to stay hydrated during physical activity. When their bodies lose water through sweat, this can lead to dehydration. Proper hydration helps maintain energy levels, regulates body temperature, and supports muscle function.</p> <p>Tips to stay hydrated:</p> <ul style="list-style-type: none">✔ Bring a water bottle to every activity.✔ Drink 1–2 cups of water 30–60 mins before exercise.✔ Sip water every 15–20 mins while active. ✔ Rehydrate with water and snacks like bananas or oranges.✔ Choose water over sugary drinks.✔ Eat hydrating foods like watermelon, cucumber, oranges, and yogurt.	 <p data-bbox="1339 434 1406 529">Healthy High Schools</p> <p data-bbox="1328 724 1738 778">Young people need to stay hydrated during physical activity</p> 