

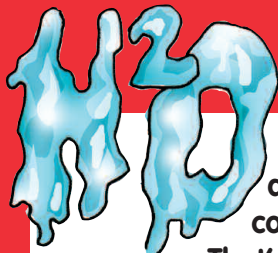
CRAZY ABOUT
Love!

*Make Shoprite
your Valentine!*

*Do you want to get a gift
for someone special this
Valentine's Day?*

*Well, Shoprite is the only
place you should be visiting,
because we have a great
range of gifts at
the lowest prices.*

SHOPRITE



H₂O is the way to GO!

Here's a little brainteaser for you: what do you, the grass and a frog have in common? (See heading for clue).

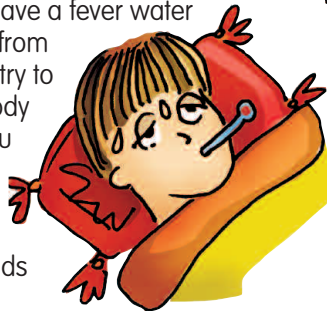
That's right... you all need water to survive!



Without water, your body would stop working properly. Water makes up more than half of your body weight and a person can't survive for more than a few days without it.

The Big Deal about Dehydration

When it's hot outside and you've been sweating, you get thirsty. Thirst is a sign of dehydration. This means that your body doesn't have enough water in it to keep it working properly. You can also get dehydrated when you're sick. If you have a fever water evaporates from your skin to try to cool your body down, or you may have an upset stomach and lose fluids in that way.



Some Signs of Dehydration

- ❖ Feeling light-headed, dizzy or tired
- ❖ Rapid heartbeat
- ❖ Dry lips and mouth

What to do

If you can, try not to get dehydrated in the first place! Drink water before and after playing. When you're sick, keep taking small sips of drinks or soups throughout the day. Sports drinks are fine every now and then and especially good at replacing lost minerals after or during exercise.

But, water still stays the drink of champions. Drink sugary drinks and juices sparingly as they contain a lot of sugar that your body doesn't need.

Reference: www.kidshealth.org
22 March is World Water Day

