



GET FIT 4 LIFE

UNITS

- FIT FOR LIFE
- IS YOUR PLATE LOADED
- HOW MUCH IS TOO MUCH
- WHAT'S UP WITH THE LABEL
- IS THE GLASS 1/2 FULL OR 1/2 EMPTY
- MOVE IT OR LOSE IT
- DUMP THE PLUMP
- A WALKING WATER BOTTLE
- GAME ON! FITNESS ACTIVITY SUPPLEMENT

PURPOSE

Participants will be able to:

- Recall the functions of water in the body.
- Understand how much we need to drink each day.
- Define and recognize dehydration.

EDUCATION

WATER WORKS!

How much is enough? Water may not provide nutrients for our bodies, but it does play a huge part in our health. Over half of our body weight is made up of water and water is essential to keep all parts of the body functioning properly.

What are three primary benefits of drinking water? Water is important in helping with digestion. It also helps to prevent constipation. Proper blood circulation would be hindered if we didn't get an adequate amount of water each day.

Water also helps to transport nutrients and oxygen to cells, regulates body temperature and maintains electrolyte (sodium) balance.



TIME NEEDED

One on One	15 minute
Group	30-45 minute

EDUCATION . . . CONTINUED

How long can you survive without water? We can survive approximately 6 weeks without food, but water is much more important to our body. We can only survive about 1 week without it.

How much water do we need to drink each day? There's really not a specific recommended amount that is required each day for children or adults. Experts say that the combination of thirst and normal drinking behavior, especially the consumption of fluids with meals, is usually sufficient to maintain normal hydration. If you are an athlete or exposed to extreme heat for extended periods of time, it is important that you stay hydrated and drink plenty of fluids.

What is dehydration? This is a physical state when you are not getting enough fluids in your body to maintain proper body functions. Dehydration can be very harmful and can lead to many other medical problems. If you've ever been too hot or been out in the sun for a long time, you may have experienced some of the effects of dehydration.

What are some symptoms that might be experienced with dehydration? Symptoms might include:

Dry mouth	Thirst
Flushed skin	Headache
Fatigue	High body temperature
Increased breathing rate and/or pulse	Very yellow urine or reduced urine output

To avoid experiencing these symptoms, it's important to make sure you drink plenty of fluids, and make sure those fluids include water! By increasing water consumption, we can reduce the sugar, sodium, and other preservatives found in other drinks!

Other things to consider when you are choosing a beverage include:

- Drinks high in sodium cause us to retain water which may make us feel ill.
- Drinks high in sugar provide a quick energy boost, but that en-

Unit —A Walking Water Bottle

ergy is not sustained.

- Energy drinks contain LOTS of sugar and can pack on the pounds if you aren't careful.
- Drinks full of caffeine, which is a diuretic, forces stored water out of our bodies along with certain essential nutrients. So when exercising, drinking soft drinks or other drinks with caffeine might speed up dehydration! Be careful!
- Sports drinks may help replace minerals lost during exercise, but don't rely on them solely to fill your need for water.



GET FIT 4 LIFE STATION

The Water Bottle Rap can be used as a Get Fit 4 Life station. Copy the instruction sheet on page 5 and place it on the table with empty water bottles. Participants can work alone or in groups to practice and perfect the Water Bottle Rap! A few empty water bottles and a laminated copy of page 5 are provided in the Get Fit 4 Life Equipment/Supply Kit.

RECREATION

Water Bottle Rap

Equipment/Supplies:

Empty 16- or 20-ounce water bottles, one per person
1 table per group

NOTE: If you have full, un-opened water bottles, you can provide them to the participants at the beginning of class and instruct them that they are to drink their water while discussion is in progress. They will have about 10-15 minutes to finish their water.

Instructions:

1. Divide group into smaller teams of 4.
2. Give each person an empty water bottle.
3. Provide each person a copy of the handout, Water Bottle Rap.
4. Teams will review the steps and motions in the Water Bottle Rap and practice doing the drill as a team. The goal is for the team to develop a good rhythm for the rap and be able to perform it as a team without any mistakes.

RECREATION - continued

5. You may want to encourage teams to set a goal of the number of times they can repeat the Water Bottle Rap and tie the goal setting in to setting a goal for drinking water every day!
6. As teams perfect their skills, combine two teams together in-

RECREATION...EXTENDED

Water Rap Creations

Equipment/Supplies:

Empty 16- or 20-ounce water bottles, one per person
1 table per group
Paper and Pencils

Instructions:

1. Divide group into teams of 4 and provide them with paper and pencil.
2. Instruct teams to design their own water bottle rap and add a verbal feature that tells something good about water within their rap! Have teams perform in front of the whole group!

PROCESS/EVALUATION

Question you might ask...

- Do you think you are drinking enough fluids each day?
- What are times during your day that you could increase your water intake?
- What beverage can you add to your diet that is better for you than soda or energy drinks?

REFERENCES

http://kidshealth.org/kid/stay_healthy/food/water.html

Cooperative
effort of



Oklahoma State University, in compliance with Title VI and VII of the Civil Rights Act of 1964, Executive Order 11246 as amended, Title IX of the Education Amendments of 1972, Americans with Disabilities Act of 1990, and other federal laws and regulations, does not discriminate on the basis of race, color, national origin, gender, age, religion, disability, or status as a veteran in any of its policies, practices or procedures. This includes but is not limited to admissions, employment, financial aid, and educational services.

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Sam E. Curl, Director of Oklahoma Cooperative Extension Service, Oklahoma State University, Stillwater, Oklahoma. This publication is printed and issued by Oklahoma State University as authorized by the Dean of the Division of Agricultural Sciences and Natural Resources and has been prepared and distributed at a cost of \$0.000 for 000 copies."

Oklahoma
Cooperative Extension Service
4-H Youth Development
205 4-HYD Building
Stillwater, OK 74078-6064

Phone: 405-7448891
Fax: 405-744-6522

<http://oklahoma4h.okstate.edu/>

WATER BOTTLE RAP

Working alone or in groups of 2 or more, practice and perfect the steps below using the water bottles provided!

- Clap hand 2 times.
- Hold bottle with left hand and tap bottle with right hand 2 times.
- Clap hands once.
- Grab bottle by the top with right hand.
- Stomp bottle on table with right hand.
- Clap hands once.
- Lift bottle with right hand and touch left hand with bottle.
- Stomp bottle on table with right hand.
- Put bottle in left hand.
- Cross right hand and slap table.
- Pass bottle to person on the right.
- Repeat, and increase speed as the group becomes more skilled!



Cooperative
effort of



4-H YOUTH
DEVELOPMENT

Walmart 