

Water Every Day



References

See below for documentation on health and science facts included in the program.

Activity 1: Staying Hydrated

Paragraph 1: www.cdc.gov/nutrition/everyone/basics/water.html

Answers to questions

Question 1: www.acefitness.org/fitfacts/pdfs/fitfacts/itemid_173.pdf

Question 2: www.cdc.gov/nutrition/everyone/basics/water.html

Activity 2: Why We Need Water

Paragraph 1: www.cdc.gov/nutrition/everyone/basics/water.html

Water Wisdom for Moms: www.mayoclinic.com/health/dehydration/DS00561/DSECTION=risk-factors

For background on all other health and science facts in the program, see:

- www.nestle-purelife.us/LiveWell

