

# PARENT GUIDE

# Hydration

At your child's school, students are learning about staying healthy by eating fruits and vegetables, proteins, whole grains and drinking plenty of water. This week, they focused on hydration and physical activity.

## ABOUT THE LIFE TIME FOUNDATION<sup>SM</sup>

Our mission is to help schools eliminate what we call the "Harmful 7<sup>SM</sup>" ingredients from the food they serve so every child receives the healthy food they deserve.

## THE HARMFUL 7

**Trans Fats & Hydrogenated Oils:**  
Associated with heart disease risk

**High-Fructose Corn Syrup:** Main concerns are weight gain, obesity and weight related diseases

**Hormones & Antibiotics:**  
Overexposure, antibiotic-resistant bacteria

**Processed & Artificial Sweeteners:**  
Contribute to overweight, obesity and weight-related diseases

**Artificial Colors & Flavors:** May cause hypersensitivity and hyperactivity

**Artificial Preservatives:** Increased risk of cancer

**Bleached Flour:** Bleaching accomplished by use of unnecessary chemical that should be avoided; banned in some countries



We believe in removing the *Harmful 7* because processed, artificial and unhealthy foods negatively impact children in many ways, including: obesity, type 2 diabetes, heart disease, high triglycerides, increased cancer risk, learning disabilities, limited attention spans, hyperactivity, behavior problems, depression and anxiety.

We also believe in the importance of providing nutrition education so students understand the "why" behind the removal of the *Harmful 7* and helping them make informed healthy choices. Teaching your child to fuel their body with real, whole foods and adopt healthy exercise habits can help them begin to make healthy and sustainable changes for life.

For more information on the Life Time Foundation<sup>SM</sup>, please visit <https://www.ltffoundation.org/> and follow us on Facebook, Twitter and Instagram, or call us at 952-229-7226.



## PARENT GUIDE | HYDRATION

### Have you noticed your child talking more about drinking water and staying hydrated?

This may be because we've been talking about it at school. By teaching your child to fuel their body with healthy drink choices and whole foods, and to adopt healthy exercise habits, you can help them begin to make healthy and sustainable changes for life.

### DID YOU KNOW?

- Water is an important energy source. Fatigue could actually be caused by mild dehydration.
- Water helps flush harmful waste and bacteria out of your body.
- Water keeps us hydrated. Since kids' bodies are up to 65% water, it is important to drink enough water every day!

### START THE CONVERSATION

- Ask for your child's ideas and don't forget to share yours, too!
  - Why is drinking water so important?
  - What are some other healthy beverages?

## THINGS TO TRY!

- Add sliced fruit to water or squeeze an orange into your pitcher or glass of water.
- Choose healthy beverages like milk, tea and 100% fruit juice instead of beverages with artificial sweeteners and artificial colors and flavors.

## FAMILY ACTIVITY: 5-DAY WATER CHALLENGE

Do a 5-Day Water Challenge to make drinking water more fun.

Each day of the week, make a cold pitcher of water with a different fruit slice. Your child may like slices of lemon, orange, lime or even cucumber. You can also add a glass of carbonated water into the game, if you have some on hand.

After you've tasted each flavor, discuss which one each of you likes best!

