

Name: _____

Date: _____

Staying Hydrated!

X X O G M N O I T S U A H X E T A E H F B H B L
M V I Z O V I C D E P U H T X J K N N T A N D T
Z J C R V N K R U C L W K O J A F P M K R V F B
B J G C L G Y A I N L A X K F K P D I Q Y C H Q
S L J Q D M H K M A D U H A N D T W I E Y K G R
H J T E O H D M Y M D O M V Y H Z F K T Y A U M
F W F U M R F J Q R M D A Y A J I R H E D Y M Z
X K T B J T X Q G O V Z H G H K D U L K P H F W
Q H N A Q M N T T F X O E R A P O I V C Z N Q N
K S I D V E O M P R X T Z P O X R T E B D N K P
A T W F X K B Z S E M F T M C H S S Z R R E U N
H B P E C T V R Q P A E B K G S U A K H M Z K X
W B P G A Q F G V F B V S M W P C N W I O G W C
T V N R S T D H D O Q A U T R M Y D U V S N S R
V Q T T T R H B V O A J E I S A E V K J B I E R
K K S S C W N B B J L Y I O Y R E E V V J B H G
G B R H V X F H L R J R D H J C N G D G I I C W
M G I H O H O Y E V O A Q A Y E Q E M E Y G A O
V L H R B S Z T B K M E K X S L K T C Q A Z D Q
L J T Q N L A J L U P S T Z T C H A S I M I A Z
J K I X W W I X I Y O M R Q U S J B P E O V E A
B U N P R K E L K D Z N Z K D U J L C X Q Y H C
Y Q Y H E A T S T R O K E S G M M E H H V W H W
G F S P X Z J G S A K V F G E M U S A U Z V W A

fruits and vegetables

heat exhaustion

muscle cramps

performance

heat stroke

dry mouth

headache

thirst

sweat

water