

It's
HOT.
Refresh
with
WATER



aquaBUBBLER
Drinking Fountains



Did you know:

1

It's especially important for children to hydrate as they:

- have a higher surface area to body mass ratio, so lose more water by evaporation
- have less developed sweating ability and kidney function
- are less sensitive to thirst response
- are less tolerant of heat and can dehydrate in hot weather and when being active

2

Children should be encouraged to drink water in hot weather and when exercising. Children do not instinctively drink enough during

exercise. One hour of moderate exercise can cause a 30kg child to lose around half a litre of water, more in warm weather. The key to avoiding dehydration is to drink before, during and after exercise. Even if they do not feel thirsty, every 20 minutes during exercise a 40kg child should be encouraged to drink 150ml of water, and a 60kg adolescent should be encouraged to drink 250ml.



3

Poor hydration diminishes mental performance, alertness and concentration, ultimately affecting learning ability. Water makes up about 80% of the brain and is essential for neurological transmissions. Mental performance deteriorates as dehydration increases; memory, attention and concentration can decrease by up to 10% before thirst is felt. Drinking water has an immediate revitalising effect.

4

Even mild dehydration (1% to 2%) significantly affects performance and learning. At just 2% dehydrated, adult physical capacity drops between 8 and 25%, and as children experience greater increases in core body temperature, dehydration affects them even more. At 2% dehydration, a significant decrease in short-term and long-term memory, motor coordination, reaction times, and perceptive discrimination may be observed.

5

Long term, dehydration can increase the risk of health problems. Every cell in the human body requires water; it cushions and lubricates the brain and the joints, transports nutrients around the body and carries waste away from cells. Muscles rely on minerals, which water helps to transport around the body. Long-term health issues caused by inadequate hydration include constipation, continence issues, kidney and urinary tract infections, kidney stones, and some cancers.