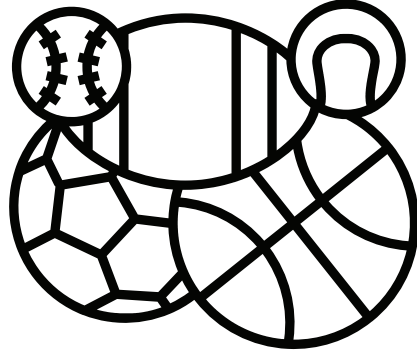
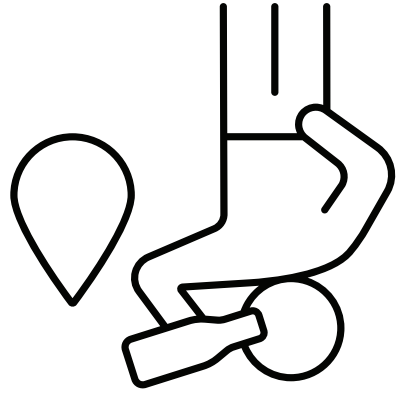


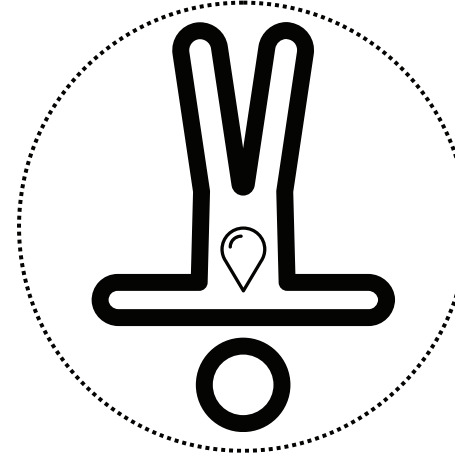
Staying hydrated is important for our health. It's especially important when we are exercising, running around, or playing sports. That's why there are electrolytes in sports drinks.



Electrolytes are in salt and foods such as bananas, milk, and pickles. We can also make our own electrolyte drinks, such as switchel.



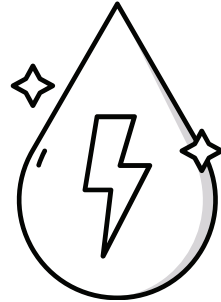
Electrolytes help us stay hydrated. If you're hydrated, it means your body has enough water.



More than half of your body is made of water!

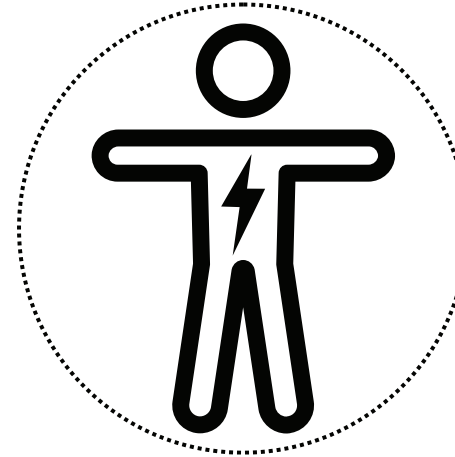
Did you know?

My Book About



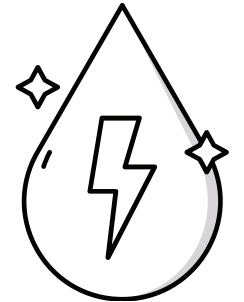
# ELECTROLYTES

By:

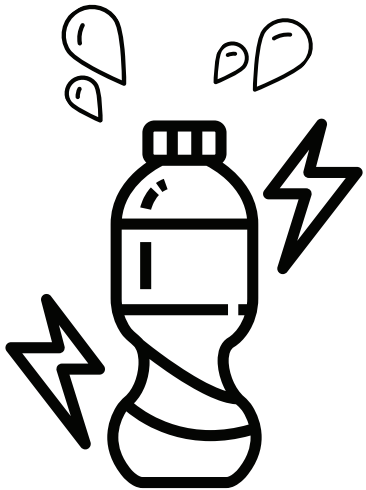


Believe it or not, electricity runs through our bodies at all times.

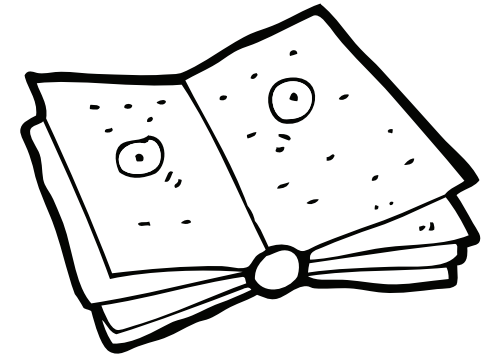
Our bodies have special electric minerals that are important for our health.



These minerals are called electrolytes.



## FOLDING INSTRUCTIONS



1. Fold on ALL lines. Be sure to make a good crease by using your finger to press the seam firmly.
2. Fold in half, placing the Shorts Ends 1 and 2 together and cut on the dotted line segment only.
3. Now fold in half the long way, placing Long Sides A and B together, so that you can see a diamond shape where the cut was just made.
4. Fold and flatten the book pressing the cover to the correct side.
5. Create your pages and content according to the instructions. in each segment.

LONG SIDE A

Page 3

Page 4

Page 5

Page 6

DO NOT PRINT - FOR INSTRUCTION PURPOSES ONLY. Print page 1 only.



SHORT END B

Page 2

Page 1

Front Cover

Back Cover

LONG SIDE B