

Electrolytes!

Fill in the blanks to complete the definitions.

Electrolytes are electrically charged _____
in your body that help you stay hydrated.

Hydrated means having enough _____
in your body.

Electrolyte Facts

- Electrolytes are already in our body.
- Electrolytes are minerals, which are good for our nutrition.
- Electrolytes are actually electric! Did you know that there is electricity running through our bodies at all times?
- Electrolytes make sure that the cells in our body have the right balance of water. Did you know that more than half of your body is made of water?
- Staying hydrated is important for our health in general. It's also very important when we are exercising, running around, or playing sports. That's why there are electrolytes in sports drinks.
- Electrolytes can also be found in real salt, as well as all kinds of different foods.

