

It is a beautiful day in the summer time of 1996, it is the hottest it has been all year. You and your friends Logan and Jacob are outside doing all sorts of activities such as playing basketball, riding your bikes around the neighborhood and playing football. At first you are all having a great time you don't realise how important it is to stay hydrated especially in the summer heat. Your friends are drinking water pretty regularly and you don't think you need to have anything to drink. Soon you start to feel light headed and not well. This is because you are not well enough hydrated when you are dehydrated you will not be able to be as active as if you were and you will not want to anyways because you will not be feeling well. Soon you realise it is because you are dehydrated and you drink a lot of water to hydrate yourself. And then you and your friends go back to having a great time enjoying the summer weather and playing outside. From then on you always make sure you are properly hydrated and this will never happen again.