

IN THIS ISSUE, WE ARE KEEPING YOUR BODY & MIND HEALTHY WITH ONE SIMPLE, INEXPENSIVE RULE: DRINK WATER!

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FRISCO MO
Comics
SEVEN

**NOISE
FOR THE
BOYS!**



STAY HYDRATED!

WHY? WELL, IT HELPS TO KEEP JOINTS LUBRICATED,
PREVENTS INFECTIONS, DELIVERS NUTRIENTS TO CELLS
AND KEEPS ORGANS FUNCTIONING PROPERLY.

WE CAN ALL USE THAT!

BEING WELL-HYDRATED ALSO IMPROVES SLEEP QUALITY.



CAN YOU IMAGINE?

TEENAGERS SLEEPING EVEN MORE?!?!?



FAST FACTS....

- TRY TO DRINK 8 GLASSES OF WATER A DAY
- AT PRACTICE, HYDRATE!! DON'T WAIT TO FEEL THIRSTY
- YOUR FOODS CAN HELP YOU HYDRATE: GRAPEFRUIT, WATERMELON, STRAWBERRIES AND CANTALOUPE
- DO YOUR BEST TO AVOID THE SUGARY SPORTS DRINKS - LOOK FOR A DRINK THAT HAS SODIUM, POTASSIUM AND CARBOHYDRATES

COMING UP IN OUR NEXT ISSUE....

DALE ROHDE 2022!

**THE MAN, THE MYTH AND THE RECORD-BREAKING
NUMBER OF TEAMS REGISTERED FOR THE
TOURNAMENT!!!**

BROUGHT
TO YOU BY:

**Frisco
MO**

BADGER

REGION VOLLEYBALL