



Electrolytes—chemicals that conduct electricity when dissolved in a solution. Our bodies contain many electrolytes, like sodium and potassium salts. We need them to carry electrical signals to nerves and muscles and to maintain proper water balance in our cells. We lose electrolytes in our sweat, which is why eating right and drinking water become especially important when you are active.

Polymer—a very long chemical made up of little repeating units, like beads on a chain.

Synthetic polymers—chemical compounds developed in a laboratory by chemists and engineers. The most widely known synthetic polymer is plastic. Other examples include nylon, polyvinyl chloride, and polyester.

Natural polymers—come from nature. Examples include rubber (from the sap of rubber trees) and silk (from the cocoons of silkworms).

Hydrated—to supply your body with water or liquid so that your organs can work properly.

Dehydrated—when your body does not have as much water as it needs. Symptoms include dizziness, extreme thirst, and muscle cramps.

Perspiration—a process, also known as sweating, that our bodies use to cool off. When you run and play, your muscles heat up, and sweat glands in your skin secrete a salty fluid to help bring your body's temperature back down.

Evaporation—When the sweat on your skin disappears, it has evaporated, or changed from a liquid to a gas. We feel cooler when we sweat because our bodies transfer heat to the liquid, which then evaporates and carries away our heat as a gas.