

Name \_\_\_\_\_

## The Hydration Secret: Unveiling the Benefits of Drinking Water

### Short Answer

1. How can water help prevent muscle cramps during physical activity?
2. Explain the importance of drinking water before meals for weight management.
3. What are some potential signs of dehydration, and why is it important to recognize them early?
4. How can carrying a reusable water bottle contribute to staying hydrated throughout the day?
5. Describe one way in which water assists in digestion.

