

Name _____

The Hydration Secret: Unveiling the Benefits of Drinking Water

Short Answer Key

1. Water helps prevent muscle cramps during physical activity by lubricating and supporting the proper functioning of muscles.
2. Drinking water before meals can help with weight management by making you feel fuller, potentially reducing your calorie intake during the meal.
3. Potential signs of dehydration include dry mouth, dark yellow urine, fatigue, and rapid heartbeat. Recognizing these signs early is important because dehydration can lead to more severe health issues if left untreated.
4. Carrying a reusable water bottle makes it convenient to have water on hand, making it easier to stay hydrated throughout the day.
5. Water assists in digestion by breaking down food in the stomach and facilitating the movement of food through the intestines.

