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Beginner lessons for Hydration

Stay Hydrated for Better Health and Performance!

DEFINITION

Hydration is the process of providing your body with enough water to function properly. It is essential for maintaining health, energy, and overall well-being.

KEY CONCEPTS

Daily Water Intake

Adults should aim for about 2-3 liters of water daily, depending on activity level.

Signs of Dehydration

Common signs include thirst, dark urine, fatigue, and dizziness.

Hydration Sources

Water, fruits, and vegetables are excellent sources of hydration.

Hydration During Exercise

Drink water before, during, and after exercise to maintain performance and recovery.

Caffeine and Alcohol

Both can lead to dehydration, so balance them with extra water intake.

EXAMPLES

- Drink a glass of water with each meal.
- Carry a reusable water bottle throughout the day.
- Eat hydrating foods like cucumbers and oranges.

MEMORY TIPS

- ★ Remember '8x8 rule': 8 glasses of 8 ounces each day.
- ★ Use the acronym 'WATER': 'We All Take Every Refreshment'.
- ★ Associate hydration with colors: clear urine means good hydration.

COMMON MISTAKES

- ✗ Relying solely on thirst as a hydration guide.
- ✗ Ignoring hydration needs during hot weather.
- ✗ Underestimating water loss during physical activities.

QUICK RECAP

Hydration is crucial for health and performance, requiring adequate water intake daily. Recognize signs of dehydration and include hydrating foods in your diet for optimal wellness.