

NATIONAL HYDRATION DAY

JUNE 23



STAY HYDRATED!



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National Hydration Day: Stay Hydrated, Stay Healthy!

National Hydration Day is celebrated on June 23rd each year to remind us of the importance of staying hydrated. Drinking enough water is crucial for our health and well-being. This article will explain why hydration is important, the history of National Hydration Day, and provide some scientific facts about water in our bodies. We'll also share some tips on how to stay hydrated and test your knowledge with critical thinking questions.

Why is Hydration Important?

Water is essential for life. Our bodies are made up of about 60% water. Every cell, tissue, and organ in our body needs water to function properly. Here are some key roles water plays in our bodies:

1. **Regulates Temperature:** Water helps maintain our body temperature through sweating and respiration.
2. **Lubricates Joints:** Water keeps our joints lubricated, making movements smooth and reducing the risk of injury.
3. **Protects Tissues:** Water protects our sensitive tissues, such as those in our eyes, nose, and mouth.
4. **Removes Waste:** Water helps our kidneys filter out waste products and toxins from our blood.
5. **Aids Digestion:** Water is essential for digestion and helps prevent constipation.

The History of National Hydration Day

National Hydration Day was created to honor Victor Hawkins, a sports hydration innovator who founded SafeTGard Corporation. He invented a special mouthguard that also helped athletes stay hydrated. The day serves as a reminder for everyone, especially athletes, to drink enough water to stay healthy and perform their best.

Scientific Facts About Hydration

1. **Body Composition:** The human body is approximately 60% water. The brain and heart are composed of about 73% water, and the lungs are about 83% water.
2. **Water Loss:** Our bodies lose water through various activities:
 - **Breathing:** We lose about 200-300 ml of water per day just by breathing.
 - **Sweating:** During exercise, we can lose up to 1-2 liters of water per hour through sweat.
 - **Urination:** On average, we lose about 1.5 liters of water per day through urination.

3. **Daily Intake:** It's recommended that we drink about 8 glasses (2 liters) of water per day. However, individual needs may vary based on factors like age, weight, activity level, and climate.

Tips for Staying Hydrated

1. **Carry a Water Bottle:** Always have a water bottle with you and take sips throughout the day.
2. **Eat Water-Rich Foods:** Include fruits and vegetables like cucumbers, watermelon, and oranges in your diet.
3. **Set Reminders:** Use an app or set alarms to remind yourself to drink water.
4. **Drink Before You're Thirsty:** Thirst is a sign that your body is already dehydrated. Drink water regularly to avoid this.
5. **Monitor Your Urine:** Light yellow urine is a sign of good hydration. Dark urine indicates that you need to drink more water.

Vocabulary Words

1. **Hydration:** The process of causing something to absorb water.
2. **Electrolytes:** Minerals in your blood and body fluids that carry an electric charge and are essential for muscle function and other processes.
3. **Dehydration:** A condition that occurs when you lose more fluids than you take in, and your body doesn't have enough water to carry out normal functions.
4. **Diuretics:** Substances that promote the production of urine, such as caffeine.
5. **Metabolism:** The chemical processes that occur within a living organism to maintain life.

National Hydration Day reminds us of the importance of staying hydrated for our health and well-being. By understanding how much water our bodies need and taking steps to stay hydrated, we can ensure we feel our best every day. Remember to drink water regularly, eat water-rich foods, and pay attention to your body's signals to stay healthy and hydrated.

Critical Thinking Questions

1. Which of the following is NOT a function of water in the body?
 - A. Regulating body temperature
 - B. Lubricating joints
 - C. Building muscle mass
 - D. Aiding digestion
2. If you are exercising for one hour and sweating a lot, how much water might you need to drink to stay hydrated?
 - A. 1-2 glasses
 - B. 3-4 glasses
 - C. 5-6 glasses
 - D. 7-8 glasses
3. What percentage of the human brain is made up of water?
 - A. 50%
 - B. 60%
 - C. 73%
 - D. 83%
4. Why is it important to drink water before feeling thirsty?
 - A. Thirst means the body is already dehydrated
 - B. Thirst means you are overhydrated
 - C. Thirst has no connection to hydration levels
 - D. Thirst indicates that you've had enough water
5. Which food is NOT water-rich?
 - A. Cucumber
 - B. Watermelon
 - C. Bread
 - D. Orange

Answers to Critical Thinking Questions

1. **Which of the following is NOT a function of water in the body?**

- **Answer: C. Building muscle mass**

Explanation: Water plays many important roles in the body, such as regulating body temperature, lubricating joints, and aiding digestion. However, building muscle mass is not directly a function of water.

2. **If you are exercising for one hour and sweating a lot, how much water might you need to drink to stay hydrated?**

- **Answer: B. 3-4 glasses**

Explanation: During intense exercise, you can lose up to 1-2 liters (about 4-8 glasses) of water per hour through sweat. Drinking 3-4 glasses helps replenish the lost fluids, though individual needs may vary.

3. **What percentage of the human brain is made up of water?**

- **Answer: C. 73%**

Explanation: The human brain is composed of about 73% water, which highlights the importance of staying hydrated for cognitive functions.

4. **Why is it important to drink water before feeling thirsty?**

- **Answer: A. Thirst means the body is already dehydrated**

Explanation: Thirst is a signal that the body is already experiencing dehydration. To maintain optimal hydration levels, it's important to drink water regularly before feeling thirsty.

5. **Which food is NOT water-rich?**

- **Answer: C. Bread**

Explanation: Cucumber, watermelon, and oranges are water-rich foods with high water content. Bread, on the other hand, has a low water content compared to these fruits and vegetables.

WATER TRACKER



"Stay hydrated and sparkle on."

-weekly-



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