

# Hydration

## Introduction to Hydration

### Why Water is Important

Simple explanation of water's role in the body  
Fun facts about water in the body

### How Much Water Do We Need?

Recommended daily water intake for adults  
Factors that can increase water needs (hot weather, exercise)

## Water in Our Bodies

### Where is Water in Our Bodies?

Basic overview of water in the brain, blood, muscles, and skin  
Visual aids (diagrams and pictures)

### How Our Bodies Use Water?

Explanation of digestion, circulation, and temperature regulation

## Recognizing Dehydration

### What is Dehydration?

Definition of dehydration  
Signs and symptoms (thirst, dry mouth, dark urine)

### How Dehydration Affects Us

Short-term effects (feeling tired, headaches)  
Long-term effects if not addressed



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## Staying Hydrated

### Easy Ways to Drink More Water

Tips for drinking enough water every day

Creative ways to make water fun (adding fruit slices, using fun bottles)

### Foods That Help Hydrate Us

List of water-rich foods (fruits like watermelon, vegetables like cucumbers)

Simple snack ideas that include these foods

## Myths and Facts About Hydration

### Myths About Drinking Water

Common myths (e.g., you only need to drink when you're thirsty)

True/false quiz to debunk myths

### Caffeine and Sugary Drinks

Why soda and some other drinks aren't as good for hydration

Better drink choices (water, milk, 100% fruit juice)

## Hydration Activities

Track Your Water Intake

Weekly challenges to meet water goals

How do you feel when you drink enough water vs. when you don't



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