Hydration Questions

1. The body uses water for transporting nutrients, temperature regulation and digestion.
   True
   False

2. Approximately _____% of our fluid intake comes from food.
   A. 3%
   B. 10%
   C. 20%

3. Our actual daily fluid consumption (not including fluid from foods) should be:
   A. 4-6 8-ounce glasses
   B. 8-13 8-ounce glasses
   C. 10-15 8-ounce glasses

4. Muscle cramps, dizziness and fatigue are caused by dehydration and can increase the risk for injury.
   True
   False

5. It is very important to hydrate adequately _____ exercise to prevent dehydration.
   A. only after
   B. during and after
   C. before, during and after
Hydration

Answers

1. The body uses water for transporting nutrients, temperature regulation and digestion.
   True

2. Approximately _____ % of our fluid intake comes from food.
   C. 20%

3. Our actual daily fluid consumption (not including fluid from foods) should be:
   B. 8-13 8-ounce glasses

4. Muscle cramps, dizziness and fatigue are caused by dehydration and can increase the risk for injury.
   True

5. It is very important to hydrate adequately _____ exercise to prevent dehydration.
   C. before, during and after