

How to Stay Hydrated: Water vs. Electrolyte Drinks

Description

On a hot day, it's common to crave a gulp of water or an **electrolyte** drink, but do you know which is the best choice to stay hydrated? As per Matthew Levy, an associate professor of emergency medicine at Johns Hopkins, achieving **hydration** is all about a balancing act.

Aside from water, you also lose electrolytes, crucial minerals also called salts, when you sweat. These salts play a critical role in various bodily activities. Consuming a sufficient quantity of fluids regularly is crucial to keep your body functional, particularly during extreme heat.

For most people, drinking water is probably ample if they're maintaining a balanced and nutritious diet, Grant Lipman, an emergency physician and chief medical officer of the GOES Health outdoor safety app, points out. It's recommended to start the day well-hydrated, by having a couple of glasses of water before heading out, especially when planning to spend extended periods outdoors. However, overloading on water might be ineffective and lead to frequent bathroom visits.

It's advisable to avoid sugary, caffeinated drinks or alcohol for hydration as these could **exacerbate dehydration**.

If you're **anticipating** strenuous **exertion** or extended exercise outdoors in the heat, opt for an electrolyte drink in addition to water. Electrolytes lost through sweating cannot be traditionally replaced with just water. However, it's essential to verify the sugar and caffeine levels before consuming electrolyte drinks.

Yet, moderation also applies to electrolyte drinks, as too many may still dilute your body's concentration. According to the Cleveland Clinic, one or two drinks are generally sufficient for most people.

It's individualistic; hydration varies person to person. Those with complex medical conditions or on medication should consult their health care providers regarding appropriate hydration strategies.

Vocabulary List

1. **Electrolyte** /??l?ktr??la?t/ (noun): Minerals in your blood and other body fluids that carry an electric charge.
2. **Exertion** /??z??r??n/ (noun): Physical or mental effort.
3. **Dehydration** /?di?ha??dre??n/ (noun): The condition that results from excessive loss of body water.
4. **Exacerbate** /??zæs?r?be?t/ (verb): To make a problem, bad situation, or negative feeling worse.
5. **Strenuous** /?str?nju?s/ (adjective): Requiring or using great effort or exertion.
6. **Anticipating** /æn?t?s??pe?t??/ (verb): Expecting or predicting something to happen.

Vocabulary List:

1. **Electrolyte** //,ɛlɪ'ktrɒlaɪt// (noun): Minerals in your blood and other body fluids that carry an electric charge.
2. **Exertion** //ɪg'zɜ:rʃən// (noun): Physical or mental effort.
3. **Dehydration** //di:haɪ'dreɪʃən// (noun): The condition that results from excessive loss of body water.
4. **Exacerbate** //ɪg'zæsərbət// (verb): To make a problem bad situation or negative feeling worse.
5. **Strenuous** //'stren.ju.əs// (adjective): Requiring or using great effort or exertion.
6. **Anticipating** //æn'tɪsɪpeɪtɪŋ// (verb): Expecting or predicting something to happen.

Comprehension Questions

Multiple Choice

1. What are electrolytes?

Option: A. Crucial minerals also called salts
Option: B. Sugary drinks
Option: C. Caffeinated beverages
Option: D. Alcoholic beverages

2. Who recommends starting the day well-hydrated with a couple of glasses of water before heading out?

Option: A. Matthew Levy
Option: B. Grant Lipman
Option: C. The Cleveland Clinic
Option: D. Complex medical conditions

3. What does excess water consumption potentially lead to?

Option: A. Dehydration
Option: B. Muscle cramps
Option: C. Frequent bathroom visits
Option: D. Electrolyte imbalance

4. What should be avoided for hydration as they could exacerbate dehydration?

Option: A. Water
Option: B. Sugary drinks
Option: C. Caffeinated beverages



Option: D. Alcohol

5. How many electrolyte drinks are generally sufficient for most people?

Option: A. 3-4 drinks

Option: B. Unlimited drinks

Option: C. 1-2 drinks

Option: D. No limit

6. Who should consult their healthcare providers regarding appropriate hydration strategies?

Option: A. Everyone

Option: B. Those planning outdoor activities

Option: C. Those with complex medical conditions or on medication

Option: D. Athletes only

Answer

Multiple Choice: 1. A. Crucial minerals also called salts 2. B. Grant Lipman 3. C. Frequent bathroom visits
4. B. Sugary drinks 5. C. 1-2 drinks 6. C. Those with complex medical conditions or on medication

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What word best describes a mystery novel with a plot full of twists and turns?

Option: Intriguing

Option: Exacerbate

Option: Compensating

Option: Luminance

2. What can exacerbate the effects of strenuous exercise?

Option: Dehydration

Option: False positives

Option: Electrolyte

Option: Anticipating

3. What skin condition can be soothed by certain treatments?

Option: Eczema

Option: Fermentation

Option: Acetic Acid

Option: Pungent

4. What type of measures aim to stop something from happening?

Option: Preventative

Option: Colorectal

Option: Surge

Option: Public engagement

5. What is assessed when determining the success of a treatment?

Option: Effectiveness

Option: Acuity

Option: Notable

Option: Soothing

6. What is done when a researcher makes an educated guess to explain a phenomenon?

Option: Hypothesized

Option: Strenuous

Option: Public engagement

Option: Acetic Acid

7. What involves involving the community or society in a particular activity or cause?

Option: Public engagement

Option: Acuity

Option: Notable

Option: Exertion

8. What may lead to incorrect results in medical testing?

Option: False positives

Option: Surge

Option: Fermentation

Option: Pungent

9. What refers to the intensity of light emitted from a surface?

Option: Luminance

Option: Compensating

Option: Exacerbate

Option: Anticipating

10. What term describes making up for a deficiency or loss?



- Option: Compensating
- Option: Electrolyte
- Option: Anticipating
- Option: Preventative

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. _____ can lead to dehydration if not enough fluids are consumed.
12. There was a sudden _____ in interest after the announcement.
13. Fermentation often produces _____ as a byproduct.
14. _____ exercise can greatly impact one's physical health.
15. Effective planning involves _____ possible challenges.
16. Regular screenings can help detect early signs of _____ cancer.
17. The author received a _____ award for their contributions to literature.
18. The dish had a _____ aroma that filled the room.
19. _____ can occur if the body loses more fluids than it takes in.
20. Yogurt is made through the process of _____.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. A warm bath can be very after a long day.
22. Sports drinks can help replenish lost during intense exercise.
23. The success of the campaign relied on strong to raise awareness.
24. The mystery novel had a plot full of twists and turns that kept readers engaged.
25. Regular exercise and a balanced diet are important measures for maintaining good health.
26. The study aimed to measure the of the new treatment method.



27. Individuals with sensitive skin may be prone to developing flare-ups.

28. Lack of sleep can feelings of stress and anxiety.

29. Adjusting the screen can reduce eye strain during prolonged computer use.

30. Scientists have various explanations for the unusual phenomenon.

Answer

Multiple Choice: 1. Intriguing 2. Dehydration 3. Eczema 4. Preventative 5. Effectiveness 6. Hypothesized 7. Public engagement 8. False positives 9. Luminance 10. Compensating

Gap-Fill: 11. Exertion 12. Surge 13. Acetic Acid 14. Strenuous 15. Anticipating 16. Colorectal 17. Notable 18. Pungent 19. Dehydration 20. Fermentation

Matching sentence: 1. Soothing 2. Electrolyte 3. Public engagement 4. Intriguing 5. Preventative 6. Effectiveness 7. Eczema 8. Exacerbate 9. Luminance 10. Hypothesized

CATEGORY

1. Health - LEVEL5

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