



# The Importance of Hydration for Preserving Muscle Mass

## Description

Are you looking to maintain your muscle mass and achieve your fitness goals? While hitting the gym and consuming enough protein are important factors, there's one surprising habit that many people tend to overlook - staying properly hydrated.

According to experts, proper hydration is essential for optimal body function and muscle health. Water plays a key role in cellular processes, including protein synthesis, which is vital for muscle repair and growth. When you're dehydrated, these processes can be impaired, hindering muscle recovery and growth.

Dehydration can also impact the delivery of essential nutrients to your muscles, affecting their growth and repair. In addition, water is necessary for maintaining electrolyte balance, which is crucial for proper muscle contractions during exercise. Without adequate hydration, you may experience muscle cramps and decreased performance.

Sports dietitians Amy Goodson and Kelly Jones recommend following these tips to stay properly hydrated and maintain muscle mass:

- Hydrate all day long by starting your day with a glass of water and setting reminders to drink fluids throughout the day.
- Carry a water bottle with you wherever you go to stay on top of your hydration goals.
- Find out how much water you need based on your body weight and activity level.
- Hydrate before, during, and after exercise to replace lost fluids.
- Incorporate water-rich foods and beverages like milk, smoothies, and fruits into your diet to stay hydrated.

In conclusion, staying adequately hydrated is crucial for maintaining muscle mass. By making hydration a priority and incorporating these tips into your daily routine, you can support muscle health, improve performance, and reach your fitness goals. Remember, hydration is key to maximizing your workouts and achieving optimal results.

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## Vocabulary List:

1. **Maintain** // (verb): To keep something in a good condition or in existence.
2. **Muscle Mass** // (noun): The weight of muscle tissue in the body.
3. **Achieve** // (verb): To successfully reach a desired goal or result.
4. **Fitness** // (noun): The condition of being physically fit and healthy.
5. **Cellular** // (adjective): Relating to or consisting of cells.
6. **Synthesis** // (noun): The combination of ideas to form a theory or system.

## Vocabulary quizzes

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

1. Which infectious disease is commonly known as the flu?

Option: Avian influenza

Option: Influenza

Option: Pathogenic disease

Option: Cancer

2. What term describes the process of passing something from one person to another?

Option: Synthesis

Option: Transcription

Option: Infection

Option: Transmission

3. What is the goal of maintaining a good level of physical health and well-being?



- Option: Muscle Mass
- Option: Sustainability
- Option: Fitness
- Option: Core funding

4. Which term refers to a type of cancer that begins in the skin or in tissues that line or cover internal organs?

- Option: Proliferation
- Option: Carcinoma
- Option: Alarming
- Option: Aggressive

5. What is the act of preparing and giving out medication called?

- Option: Medication
- Option: Interventions
- Option: Funding crisis
- Option: Dispensing

6. Who is a person or company that makes goods for sale?

- Option: Speculation
- Option: Manufacturer
- Option: Operational costs
- Option: Surveillance

7. What term is used when a disease or illness is identified by its signs and symptoms?

- Option: Implications
- Option: Uncover
- Option: Diagnosed
- Option: Achieve

8. What biological process involves combining simple substances to form more complex substances?

- Option: Achieve
- Option: Cellular
- Option: Synthesis
- Option: Manufacturing

9. What is the term for preserving something in its existing state or condition?

- Option: Maintain
- Option: Mounting financial pressures
- Option: Aggressive
- Option: Retired

10. What term describes a substance used to treat or prevent disease?



- Option: Medication
- Option: Proliferation
- Option: Alarming
- Option: Retired

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

11. The organization faced a \_\_\_\_\_ due to lack of financial resources.
12. It is essential to secure \_\_\_\_\_ to ensure the long-term sustainability of the project.
13. The company struggled to cover its \_\_\_\_\_ as expenses continued to rise.
14. The business was under significant strain due to \_\_\_\_\_ .
15. His primary goal was to \_\_\_\_\_ a high level of physical fitness.
16. The recent increase in pollution levels is \_\_\_\_\_ and requires immediate attention.
17. The rapid \_\_\_\_\_ of online shopping has transformed the retail industry.
18. The investigation aims to \_\_\_\_\_ the truth behind the mysterious disappearance.
19. The discovery of new evidence has significant \_\_\_\_\_ for the ongoing case.
20. The doctor recommended a series of medical \_\_\_\_\_ to manage the patient's condition.

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

21. It is important to consider the _____ of our actions to ensure a better future for the planet.
22. The company adopted an marketing strategy to expand its market share quickly.
23. respiration is the process of converting glucose into energy within cells.
24. After working for decades Jane decided to _____ and enjoy her retirement.
25. The stock market is often subject to wild swings based on investor _____ .



26. Regular exercise helps maintain healthy and strength.
27. Public health agencies conduct to monitor the spread of infectious diseases.
28. The automotive industry experienced a boom in output last quarter.
29. With hard work and dedication she was able to her lifelong dream of becoming a published author.
30. Early detection is crucial in improving survival rates for patients with .

## Answer

**Multiple Choice:** 1. Influenza 2. Transmission 3. Fitness 4. Carcinoma 5. Dispensing 6. Manufacturer  
7. Diagnosed 8. Synthesis 9. Maintain 10. Medication

**Gap-Fill:** 11. Funding crisis 12. Core funding 13. Operational costs 14. Mounting financial pressures 15.  
Achieve 16. Alarming 17. Proliferation 18. Uncover 19. Implications 20. Interventions

**Matching sentence:** 1. Sustainability 2. Aggressive 3. Cellular 4. Retired 5. Speculation 6. Muscle Mass  
7. Surveillance 8. Manufacturing 9. Achieve 10. Cancer

## CATEGORY

1. Health - LEVEL6

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