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# The Importance of Hydration in Preserving Muscle Mass

## Description

Title: The Surprising Secret to Maintaining Muscle Mass Revealed!

Are you looking to maintain or build muscle mass? While lifting weights and eating enough protein are important, there's one surprising habit that many people overlook: staying properly hydrated. According to experts, dehydration can hinder muscle repair, growth, and performance during exercise. Just a 2% loss in body fluid can reduce endurance capacity and energy metabolism, affecting your ability to sustain physical activity.

To stay hydrated, experts recommend starting your day with a glass of water, carrying a water bottle with you, and monitoring your urine color. Additionally, incorporating water-rich foods and beverages into your diet can help keep your muscles hydrated. Remember, proper hydration is not only essential for overall health but also plays a critical role in maintaining muscle mass. So, make staying hydrated a priority to support your muscle health and fitness goals!

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## Vocabulary List:

1. **Maintain** // (verb): To keep in existing state
2. **Muscle mass** // (noun): The amount of muscle tissue in the body
3. **Overlook** // (verb): Fail to notice or consider
4. **Dehydration** // (noun): Lack of adequate fluid in the body
5. **Endurance** // (noun): The ability to endure an unpleasant or difficult process
6. **Metabolism** // (noun): Chemical processes that occur within a living organism in order to maintain life

## Vocabulary quizzes

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

1. What is important to do in order to keep muscle mass?

- Option: Eat a balanced diet
- Option: Sleep less
- Option: Avoid exercise
- Option: Ignore hydration

2. Which term refers to the ability to sustain prolonged physical or mental effort?



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- Option: Maintain  
Option: Muscle mass  
Option: Metabolism  
Option: Endurance
3. What type of infection is caused by bacteria?
- Option: Viral  
Option: Parasitic  
Option: Bacterial  
Option: Fungal
4. What type of measure is taken to prevent disease?
- Option: Curative  
Option: Prophylactic  
Option: Symptomatic  
Option: Chronic
5. Which term relates to the mental processes of perception memory and reasoning?
- Option: Alleviate  
Option: Complications  
Option: Cognitive  
Option: Immature
6. What type of disorders affect the nerves and brain?
- Option: Endurance  
Option: Alleviate  
Option: Neurological  
Option: Metabolism
7. Which compound is associated with the health benefits of pomegranates?
- Option: Bacterial  
Option: Urolithin  
Option: Aloe  
Option: UV
8. What term describes minor illnesses?
- Option: Infection  
Option: Ailments  
Option: Complications  
Option: Excessive
9. What term describes something not fully developed or grown?
- Option: Preventing



- Option: Immature
- Option: Spread
- Option: Guidelines

10. What is the result of excessive exposure to UV radiation?

- Option: Precautions
- Option: Alleviate
- Option: Sunburn
- Option: Crucial

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

11. Regular exercise helps to maintain \_\_\_\_\_.
12. It is crucial to drink enough water to prevent \_\_\_\_\_.
13. Exercise can boost your \_\_\_\_\_ helping you burn more calories.
14. Consult with \_\_\_\_\_ to get reliable health advice.
15. Washing hands regularly can help prevent the \_\_\_\_\_ of germs.
16. \_\_\_\_\_ consumption of sugary drinks can lead to health issues.
17. Ignoring early symptoms of an illness can lead to serious \_\_\_\_\_.
18. Applying sunscreen can protect your skin from \_\_\_\_\_ radiation.
19. Follow safety \_\_\_\_\_ to avoid accidents and injuries.
20. Painkillers can help \_\_\_\_\_ discomfort caused by headaches.

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

21. Regular exercise and a healthy diet are essential for illness.
22. Using cold packs can help swelling after an injury.
23. Getting enough sleep is for overall health and well-being.
24. Antibiotics are used to treat bacterial .



25. Following safety can help reduce workplace accidents.
26. vera is known for its soothing properties and is commonly used for sunburns.
27. Regular exercise can increase your rate aiding in weight management.
28. Protect your skin from harmful rays by wearing sunscreen.
29. Strength training exercises can help maintain and increase .
30. Good hygiene practices can prevent the of infectious diseases.

## Answer

**Multiple Choice:** 1. Eat a balanced diet 2. Endurance 3. Bacterial 4. Prophylactic 5. Cognitive 6. Neurological 7. Urolithin 8. Ailments 9. Immature 10. Sunburn

**Gap-Fill:** 11. Muscle mass 12. Dehydration 13. Metabolism 14. Experts 15. Spread 16. Excessive 17. Complications 18. UV 19. Guidelines 20. Alleviate

**Matching sentence:** 1. Preventing 2. Alleviate 3. Crucial 4. Infection 5. Guidelines 6. Aloe 7. Metabolism 8. UV 9. Muscle mass 10. Spread

## CATEGORY

1. Health - LEVEL1

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