

Hydration and Health

FROM MARCOTTE PT

What is hydration?

Hydration is the intake of the fluids your body needs to function and survive.

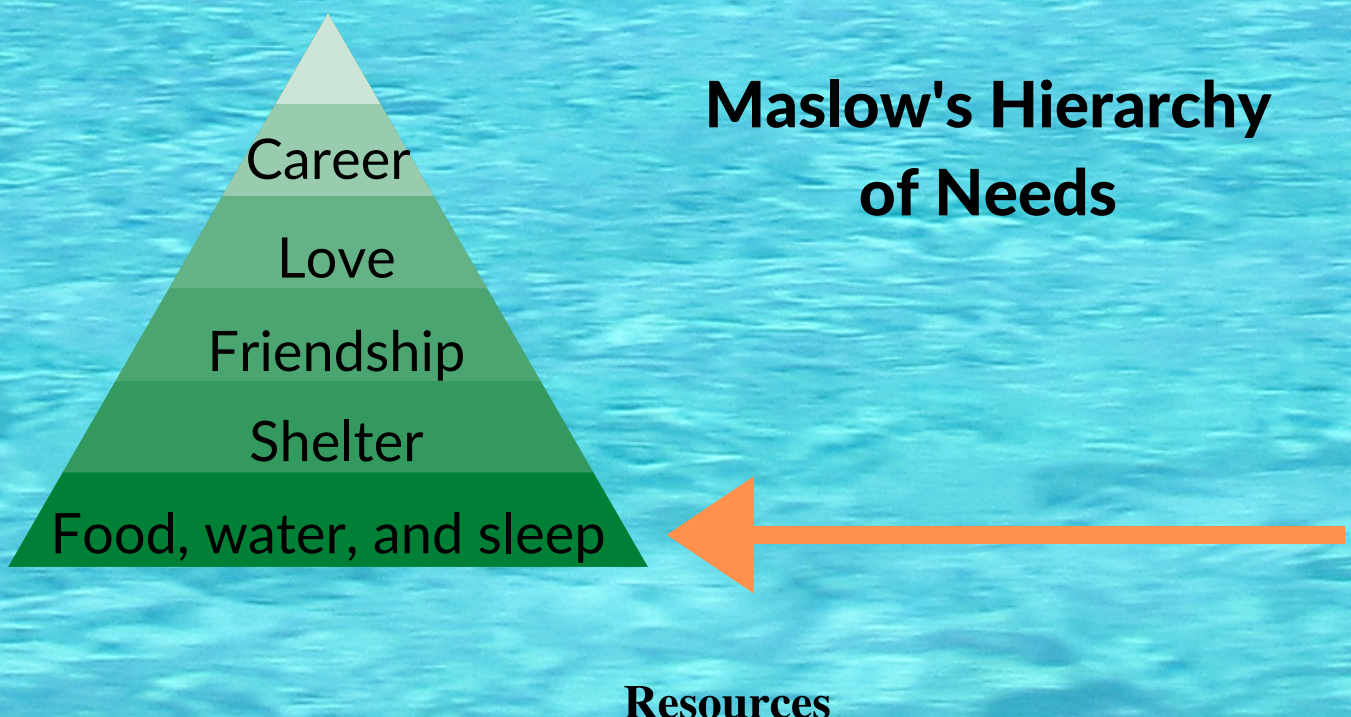
How does hydrating help?

Hydrating helps the body to regulate temperature. It also helps with joints, the spine, and other sensitive areas of the body. Fluid helps to push toxins and waste out of the body.

How drinking water boosts mood

Psychologist Abraham Maslow developed a Hierarchy of Needs.

This diagram showed how physical needs, like drinking water, have to be met before humans can become happy. So, dehydration can cause unhappiness and hydrating can help to solve that unhappiness.



CDC: <https://www.cdc.gov/healthywater/drinking/nutrition/index.htm>

Maslow's Hierarchy of Needs: <https://youtu.be/L0PKWTta7IU>