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IEHA Program Lesson Submission

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Topic Title:	Hydration for Health: Why Drinking Enough Water Matters
Topic Description: (Information should be researched, educational, approved for use (if you are not the author, seek approval from materials author), and presented in a format that would allow an individual to read, study, and teach to other peers. All copyright issues should be resolved before submission.)	Proper hydration is essential for maintaining overall health and wellness. Water plays a critical role in regulating body temperature, supporting digestion, transporting nutrients, and helping the body function properly. Despite its importance, many adults do not drink enough water throughout the day and may rely heavily on sugary or caffeinated beverages. This lesson provides participants with an overview of the importance of hydration, signs of dehydration, and practical ways to increase daily water intake. Participants will also evaluate their own hydration habits and identify simple strategies to stay better hydrated.
Short Goal/Objective Statement for Lesson:	Goal: Participants will understand the importance of proper hydration and identify at least two strategies they can use to increase their daily water intake.

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Lesson Plan & Directions:

Estimated Time: 15-20 minutes

Introduction (3-4 minutes):

Discussion Point: Ask participants, “How many glasses of water do you usually drink in a day?”

Water makes up 60% of the human body. Every system of the human body requires water to function properly.

Hydration is important to support physical health, digestive health, and mental function.

Benefits of staying hydrated (5 minutes):

Benefits to Physical Health:

- Regulates body temperature
- Joint lubrication
- Prevents fatigue
- Supports kidney function
- Helps prevent headaches

Digestive Function:

- Nutrient support
- Aids in digestion
- Helps to prevent constipation

Mental Function:

- Supports concentration and memory
- Help maintain energy levels

Discussion Point: Ask Participants, “What makes it difficult to drink enough water during the day?” Common responses may include busy schedules, forgetting to drink water, and preferring other beverages.

Signs of Dehydration (3-4 minutes):

Knowing when it’s time to rehydrate is important. Some common signs that you are dehydrated and need to drink more water include:

- Thirst
- Dry mouth

- Fatigue
- Headaches
- Dark yellow urine
- Dizziness

Older adults and young children may feel thirst less strongly, so it is important to drink fluids regularly throughout the day even if you do not feel thirsty.

How much water do we need? (1-2 minutes):

A common recommendation is about 8 cups (64 ounces) of water per day, though individual needs vary based on activity level, weather, and health status. The more active you are, the more water you need to keep up with the fluid lost to exercise and sweating. Similarly, the hotter the temperature is, the more water your body needs to especially on hot summer days when you're body produces sweat to keep you cool.

While water is the best choice for fluid intake, fluids can also come in other forms like fruits, vegetables, milk, and soups.

Activity: Hydration Habit Check (5 minutes):

Ask participants to review the following checklist and answer Yes or No for each statement.

- I drink water regularly throughout the day.
- I carry a water bottle with me.
- I drink water with meals.
- I choose water instead of sugary drinks most of the time.
- I pay attention to signs that I may be dehydrated.

Finally, ask participants to identify one hydration goal they will work on this week. They can use the Hydration Habit Check for ideas or use the following final tips for staying hydrated.

- Start your day with a glass of water.
- Carry a reusable water bottle.
- Drink Water with meals and snacks.
- Add flavor naturally with lemon, lime, or fruit slices.
- Eat water-rich foods like cucumbers, watermelon, and oranges.

Hydration for Health: Why Drinking Enough Water Matters – Handout

Hydration Habit Check: Review the statements and circle yes or no for each statement.

Yes No I drink water regularly throughout the day.

Yes No I carry a water bottle with me.

Yes No I drink water with meals.

Yes No I choose water instead of sugary.

Yes No I pay attention to signs that I may be dehydrated.

Make a goal: Identify one hydration goal you can work on this week.

Final Tips for Staying Hydrated:

5 Simple Ways to Stay Hydrated

- Start your day with a glass of water.
- Carry a reusable water bottle.
- Drink Water with meals and snacks.
- Add flavor naturally with lemon, lime, or fruit slices.
- Eat water-rich foods like cucumbers, watermelon, and oranges.

Remember: Staying hydrated helps your body function at its best.