

# HYDRATION

All living things need water to survive, but some need more than others. The plants you see on these hillsides flourish because they tolerate drought and extreme heat.

Humans are not as adaptable. You need at least eight glasses of water each day — even more when you exercise. Water is essential for good health. It regulates your temperature, carries nutrients and cushions your body from injury. So as you walk here, remember to drink in more than the sights, sounds and scents along the way.



## did you know?

The plants and animals that call this hot, dry area home have adapted to the scarcity of water. The Western Toad absorbs most of the water it needs through its skin. The Prickly Pear Cactus stays hydrated because its fleshy pads are made up of special cells that store water.

Prickly Pear Cactus



Western Toad



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