



## Want To Lose Weight, Drink More Water!!

### **We all know we should but most of us don't!!!**

Take a minute or two to read on and I'm sure you will be running to the tap more often and see the results from your hard work during the challenge pay off even quicker.....

Ok, the technical bit... Water is the most critical nutrient for health, growth, and development. Water is also the most abundant nutrient in the body, not to mention the most important.

In order to move muscle, whether in the aerobics room, cardio routine or doing your weights program, you need water. Muscle is an active tissue and water is found in the highest concentrations in active tissue.

Without exercise you need to be drinking at least 8 glasses of water a day. When you are exercising (which should be 5 times a week, either at the gym or other activities), you will need to increase this. Water you drink before, during and in the hour after your workout is not included in those 8 glasses.

We all know when we feel thirsty we should drink some water, but we are actually in a dehydrated state at this stage and by losing even a small percentage of water, our bodies can not function to their best ability.

### **Ok, how does it help us lose weight???**

If you fail to take in enough water each day, your body thinks that it is entering a period of drought. As a result, your body reacts by storing as much water as possible to get through this drought.

This extra, stored water leaves you looking and feeling bloated. This is not exactly the look you are after if you are trying to lose weight or get that 6 pack you are working so hard to achieve. Therefore, you must drink water to lose weight. The extra water signals your body that the drought is over. Your body will cease to hold excess water in reserve. Water is essential for proper kidney function. If your kidneys are functioning at a sub-optimal level, it receives assistance from your liver. One of the liver's functions is to metabolize fat. Therefore, when your liver is lending a hand to your kidneys, your fat metabolism process is less efficient, and therefore, less productive, which means less movement in the right direction on the scales!!!

### How can I integrate more water into my lifestyle?

Here are a number of suggestions that will help you:

- Pour the water into an attractive glass or easy-to-use water bottle.
- Add ice, and a slice of lemon or lime/mint, etc.
- Chill the water, it makes it nicer to drink, but water at room temperature hydrates the body just as well.
- Drink moderate-size portions spread over the course of a day, rather than drinking it all at one time.
- Keep a bottle of water on your kitchen counter.
- Visit the office water cooler, and take a water break instead of a coffee break, drink herbal tea instead of coffee/black tea.
- Make drinking water a habit - drinking water at the same times each day will make it much easier.



Drink 2 to 3 cups of water within two hours after exercise. Continue to drink and additional 30 to 50 percent more fluid for the next 3 to 4 hours, avoid caffeine, fruit juices and alcohol until you are fully hydrated. Like anything, exercising, quitting smoking, eating healthily, drinking enough water daily **will become easy** when you make it part of your daily life.

Give it 2 weeks, and it will become a habit, 4 weeks and it is a way of life....A healthy way of life!

Good Luck

Gem

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