



Module 1 Summary:

Water

In this module I will outline how we are going to monitor your weekly habits and what you need to do to stick to them.

The first habit is drinking more water. During the week please print out and record your habit success rate on your weekly adherence sheet.

Your exercise challenge of the week will be to increase your heart rate, which will increase your metabolism and burn fat. This will get your heart 'muscle' pumping.

Your homework assignments will have you pinching and prodding and taking photos to find out where you are now. Please keep all the information you have collected in a lovely folder. We will be referring back to them.

Plus submit a copy of your records to me.

Your homework for this week:

- Complete video: cardio exercise - aim for three times a week.
- Physical Readiness Questionnaire (PAR-Q)
- Information sheet: How to take your photo!
- Weekly adherence sheet - week 1.

Module 1 : Water and weight loss

Habit 1: Drink More Water.

Exercise of the week: Increased heart rate – Cardio

HABITS:

We will introduce a new habit each week for you to concentrate on.

Sounds easy? Well it takes at least two weeks to really incorporate habit-changing practices into our lifestyle. Commit to accomplishing your new habit and make sure you are comfortable with it before you move on.

Habit:

1. Write down here what your goal will be for the week, when you'll do it, what your 'trigger' will be and which friend will you report to?

2. Post your goal on our Facebook page. Tell as many people as possible that you are trying to form a new habit.
3. Report on your progress daily. Each day - tell the same group of people whether or not you have succeeded at your goal.

This may seem simple at first, even a bit crazy, but let's start with the easy stuff - drinking more water. Let's set the precedent. When you find this habit easy you can move onto more personally challenging habits. The impetus and how to move forward is already there.

Clean slate policy:

If you don't manage to achieve 90% compliance rate with your new habit at the end of the week, hey no worries. Simply start again the week after. You are not cheating anyone, this is for you, and you can take as long as you like. You might find habit one easy and then habit four takes a bit longer. Please don't be tempted to move on until you are ready. There is not a competition.

What exactly is this week's habit requirement?

Drink five glasses of water a day. You can time it with your meals and snacks or choose another time that best suits you to stick to your plan.

Size of glass – sip 250ml before and during each meal.

Start with 5 glasses a day, eventually we can increase this depending on your needs. Estimating the exact water required for you depends on your weight and size, every kilogram of bodyweight you should have 30-40ml of water. If you weigh 50kg (110lbs) you will require one and half to two litres of water per day. If you are 100kg (220lbs) you will require three to four litres of water per day. Larger people will likely require more water, smaller people likely require less. More exercise and warmer climates can increase your water requirements too. Of course your daily water intake can come from both food and drink.

Therefore generally a safe recommendation for daily fluid intake is about three litres of fluid (or twelve cups each day. Since one litre (four cups) comes from our food, this means that two litres (eight cups) comes from purposeful drinking.

If you are on the go and it is difficult for you to have five glasses of water with a snack or meal, then purchase a 1 litre water bottle online or from a local sports shop. Fill it with water add freshly squeezed lemon if you want

- and drink the contents during the day. Carry it with you in your handbag, walk with your water bottle to school, on your daily walk and keep it by your desk. Fill the bottle up twice and drink it throughout the day.

How about this for your new handbag:

www.camelbak.com



Plus you are saving money, on drinks.

Bear in mind that you will need to drink more water to prevent dehydration in hot weather, or when you are physically active and sweat a lot, or are ill and have a temperature.

Why should you increase your water?

Each time I set a new habit I want to give you the reasons why, the emotional and scientific reasoning behind the request. I know from teaching customers that if you understand your 'why', you are more likely to stick to your habit. So here is the why.....

- ✓ Water helps to dissolve your food and liquids and transports and transfers them throughout the body.
- ✓ Water is a necessary component of producing the 'protein and glycogen' that are required for all body's cell function - the food that your body needs to operate.
- ✓ Water acts as a catalyst to the body's metabolic reactions. Water carries chemicals and then works as a catalyst to speed up the enzymatic interactions.

- ✓ Water is required as a lubricant for your joints and eyes and as a shock absorber for your spinal cord.
- ✓ Water is a temperature regulator. When your body temperature increases, you begin to sweat. As this sweat collects on the skin, its evaporation cools the body, lowering your body temperature.
- ✓ Water is a great source of minerals - drinking water is processed and during that process pollutants are removed and remineralised with fluoride, calcium, magnesium etc.

Drink water instead of carbonated drinks and minimize your intake of fruit juice, sports drinks, coffees and teas full of cream and sugar.

While fruit juice is marketed as a healthy alternative to fizzy pop, in reality fruit juices have very little nutritional value in terms of fibre but can be loaded with almost as much sugar as a can of coke! Fruit juices are no substitute for actual fruits and vegetables. Fructose is the sugar found in fruit, but it is still sugar. Patrick Holford from the Institute of Optimum Nutrition warned me decades ago about spiking my sugar and then insulin peak with too many fruit juices and even fruit.

Eat fruit and vegetables to obtain the most nutrient content and fibre. Drink mostly water as your usual beverage. Green tea is another great choice, and a little black coffee is good too.

Eventually you should get to approximately eight full cups of water per day if you're not exercising, and double that - sixteen full cups -when exercising. For the moment start with five and build up.

Although the water consumed in smoothies and green tea do count towards your water consumption, don't rely on these drinks alone because they don't usually get the job done. You will likely have to 'top up' with some clean, cold, H₂O.

Drinks that contain caffeine, such as tea, coffee and cola can act as a mild diuretic. A diuretic requires more water to flush it out of the body, so can make the body produce more urine.

Cautionary note during sweaty exercise, you need to drink more water. However, over consuming water could lead to an electrolyte (mineral) imbalance. This is why sports drinks containing carbs, proteins, and minerals have become popular. However, a simple drink of water and personally adding an 'electrolyte' supplement is a better alternative, which is what I do. Making your own supplement is something I talk about in the 'exercise' module. For now, just bear in mind you probably don't need a sports drink.

Consequences of not drinking enough water.

On average our bodies are made up of 60% water. Water is absolutely essential for a variety of body's physical functions. Your health, performance and body composition (the way you look) will suffer if you don't drink enough.

Healthy adults lose water in a number of ways. It could be 'insensible' water losses, which means the water loss that you can't see or feel. For example you won't be aware of fluid loss when you expire air when breathing or evaporation from your skin - which is increased when you are ill or have a fever.

During non-exercise conditions, water loss due to sweating and evaporating cooling is minimal. However, during intense exercise, especially in hot climates, sweat loss can be quite pronounced.

Another every day water loss is through wee or poo/faeces and urine. An average adult with normal kidney function requires 400 to 500ml of water

to excrete their daily poo load – in other words the body's internal daily dietary load that needs to be excreted by the kidneys.

As little as 1-2% reduction in body weight due to water loss can lead to performance decrements during activity. Additional water losses can lead to illness or worse:

Percentage of body water loss and its consequences:

- **0.5% loss leads to an increased strain on your heart.** It has to work harder because there is less fluid in the blood
- **1% loss** - reduces your aerobic endurance, meaning you will become tired more quickly when walking or running.
- **3%** reduced muscular endurance - legs get achy when walking or running.
- **4%** reduced muscle strength - reduced motor skills heat cramps
- **5%** heat exhaustion will result in cramping, fatigue and reduced mental capacity.
- **6%** physical exhaustion equals heatstroke and/or coma.
- **10-20% Mort!**

Even a small water loss can drain you of energy and make you feel completely exhausted PLUS your cells will not be functioning properly, your metabolism slows down and you won't burn calories or fat. Your digestion becomes uncomfortable and unreliable. When your body has a shortage of water, it takes it from less important places (joints) to use in a more important place (brain).

Drinking more water keeps the cells functioning happily and allows you to metabolise and lose weight and even aids with your muscle mass.

Drink more water and you will benefit from:

- More poo!
- More energy!
- Not feeling hungry.
- You will lose 8 inches from your waist. (Alright I might be hamming that one up!)
- Skin will become clearer and radiant. Shine from within.
- Less joint pain.
- Increase your digestion and your stomach activity will function properly. That might mean more noises, which might be a bonus for those, inclined to enjoy bodily noises. I know my husband still finds it very amusing.
- Detoxing - temporary issues like headaches.

TIPS to increase your water intake:

1. Track your progress.

Use the worksheet to track your progress, stick it on the fridge or desk at work and check where you are. Or you can download a phone app to help give you gentle reminders.

2. Make it sparkle.

The odd glass of sparkling water will help improve your consumption of water. However, decrease the amount of fizzy water because the acidity caused by the carbonisation which makes it fizzy isn't good.

If you are not brave enough to say 'tap' when asked 'still or sparkling?' in a restaurant, then sparkling might be a good option, once in a while.

3. Drink through a straw.

Don't knock it till you've tried it. There's something about sipping through a straw that makes everything fun.

4. Time your sip rate.

Mark a plastic bottle with times on it, so you can see how much you need to consume during the day and at what times.

5. Turn your water into wine.

Forget the Chablis darrrrling; instead, eat your sea bass with a glass of sparkling water. You save calories and cash. Double whammy.

6. Infuse your drink.

Bored of the lack of taste? Spruce it up with fruits, vegetables or herbs.

Remember let me know how you are getting on via the private forum your Facebook page

Pre-hydration

PRE-HYDRATE is the key word in running and athletic circles. Runners now ensure that the body is properly hydrated before the start of the daily workout or run, to minimise the risk of dehydration

Drinking about 2 litres of water per day in addition to food related fluid intake should be sufficient. If you are exercising you need to drink more and 'pre-hydration' is a good idea. Most people think of replacing water only after they have begun sweating heavily, or after a workout. However, it is important to begin hydrating before the water is lost through exercise - 'pre-hydration'. You will feel better when you exercise as well, I promise x

Benefits of adding lemon to your water:

1. Reduces inflammation.

If you drink lemon water on a regular basis, it will decrease the acidity in your body and therefore remove uric acid in your joints, which is one of the main causes of inflammation.

2. Aids digestion.

Lemon juice not only encourages healthy digestion by loosening toxins in your digestive tract, it helps to relieve symptoms of indigestion such as heartburn, burping and bloating.

3. Helps you lose weight.

Lemons contain pectin fibre, which assists in fighting hunger cravings.

4. Cleanses your system.

It helps flush out the toxins in your body by enhancing enzyme function and it stimulates your liver.

5. Keeps your skin blemish-free.

The antioxidants in lemon juice help to not only decrease blemishes but wrinkles too! It will maintain your skin's radiance.

6. Boosts your immune system.

Vitamin C is great for our immunity. The level of vitamin C in your system is one of the first things to drop when you're stressed, which is why experts recommended popping extra vitamin C during especially stressful days.

Lemons are full of Vitamin C

7. Excellent source of potassium.

Lemons are high in potassium, which is good for heart health, as well as brain and nerve function.

8. Freshens your breath.

Citric acid can erode tooth enamel so either hold off on brushing your teeth after drinking lemon water or brush your teeth before drinking it.

9. Gives you an energy boost.

Lemon juice provides your body with energy when it enters your digestive tract, and it also helps reduce anxiety and depression. Even the scent of lemons has a calming effect on your nervous system apparently.

10. Helps to cut out caffeine.

Replace your morning coffee with a cup of hot lemon water it will help you feel refreshed and your nervous system will thank you.

11. Help fight viral infections.

Warm lemon water is the most effective way to diminish viral infections and sore throats. Plus, with the lemon juice also boosting your immune system, you'll simultaneously fight off the infection completely.

Whilst talking about lemons, do you know why you shouldn't use waxy lemons?

If you do decide to add lemons to your water avoid waxed lemons and avoid eating the rind zest unless they are organic and preferably locally grown.

Citrus fruits are often treated with pesticides, fungicides and dyes. They are often waxed to prevent moisture loss, protect them from bruising during

shipping, and increase their shelf life. These chemicals are oil-based, so they will NOT wash off with water or even most cleaning products will not remove the wax or any bacteria trapped beneath it. Simply remove the wax from non-organic produce by removing the skin, use a peeler that takes only a thin layer of skin, as many healthy vitamins and minerals lie right below the skin.

Organically grown fruits and vegetables do not contain synthetic (petroleum-based) wax coatings but certain waxes are permitted.

Alcohol

In summary, drink five glasses of water every day this week, or fill up your bottle twice and sip that throughout the day. This doesn't include alcohol.

It is sensible for everyone to follow advice in the 1995 government guidelines for alcohol consumption:

**Women should not take more than 14 units
of alcohol per week.**

As I am sure you are aware there are potential adverse health effects if average alcohol consumption regularly exceeds these guidelines.

The additional calories with alcohol are well documented, but consider the weight gains from the starchy carbohydrates we consume the day after with even a slight hangover.

Tips

- Try to have a few alcohol free days during the week.
- It is better to drink alcohol after a snack or meal.
- Binge drinking (6+ units per session for women) can seriously damage the liver and long term health.

How much is a unit?

Again, I am sure you are aware of these measurements but they are worth reiterating:

125ml pub measure of wine (do you remember the tiny wine glasses? That is one measure; most pubs now serve 175ml as one glass).

½ pint of ordinary beer or lager.

Jason Vale 'Kick The Drink.... Easily!'

Changed the way I thought about alcohol and incredible and weird as it sounds, I did indeed stop drinking easily. Jason Vale explains:

Whether you want to stop drinking altogether or simply wish to change your relationship with alcohol in the short term, this book will open your mind and show you an incredibly simple way to 'Kick The Drink!'

I don't want to rant on, but simply put, Jason Vale is a good time lad, and the way he discusses alcohol is revolutionary. You will like him, he is not a saint.

Alcohol doesn't actually makes you relax - he started me thinking about the bigger picture and the 'reason why' I was drinking the occasional glass of red wine? His book was the catalyst to a most definitely happier and

healthier me, but also a more productive me. I have a much better relationship with my family, my life and my food choices.

Analysing the 'reason why' we do things started my journey with Get Gorgeous project 😊

Assignments:

1. Complete video: cardio exercise.
2. Physical Readiness Questionnaire (PAR-Q)
3. Information sheet: How to take your photo!
4. Weekly adherence sheet - week 1.