

Water

Why should you increase your water?

Each time you have a new habit you need the reasons why this habit is important, the emotional and scientific reasoning behind the request will help you to stick to the habit.

First, consider water loss and its consequences on your body:

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




Loss of water in your body by just:

- 🍷 **0.5%** leads to an increased strain on your heart, because 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.
- 🍷 **5%** Heat exhaustion, cramping, fatigue, reduced mental capacity.
- 🍷 **6%** Physical exhaustion, heatstroke, coma.
- 🍷 **10-20%** Mort!



Even a small water loss can drain you of energy and make you feel completely **g° exhausted** PLUS your cells will not function 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 more important place (*brain*).

So here are your reasons **why you should drink 8 glasses of water a day:**



1. Water helps to dissolve your food and liquids and transports and transfers them throughout your gorgeous body.
2. Water is a necessary component of producing the '*protein and glycogen*' that are required for all bodies cell.
3. Water acts as a catalyst to your body's metabolic reactions. Water carries chemicals and then works as a catalyst to help the body to function.
4. Water is required as a lubricant to your joints and eyes and as a shock absorber for your spinal cord.
5. Water is a temperature regulator.
6. 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.
7. Drink water instead of carbonated drinks and minimize your intake of fruit juice, sports drinks, coffees and teas full of sugar.

While fruit juice  is marketed as a healthy alternative to coke or other fizzy drinks, in reality  fruit juices have very little nutritional value in terms of fibre and can  be loaded with almost as much sugar as a can of coke!

Fruit juices are not a substitute for the actual fruit. Fructose is the sugar found in fruit, but it is still sugar.


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.

Bear in mind that 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 to sports drink.

Mark down how you are feeling after exercise on your adherence sheet and we can discuss if you need to supplement your water intake.

Although the water consumed in smoothies, green tea do count towards your water consumption. Don't rely on these drinks along because they don't usually get the job done.

 Drinks that contain caffeine, such as tea, coffee and coke 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. So these drinks actually dehydrate you.

Drinking more water keeps the cells functioning happily and allows you to metabolise and lose weight.

 Start with 5 glasses of **250ml** of water and work up to 8.

Submit your adherence sheet and we can discuss moving onto the next module.

Adele x