

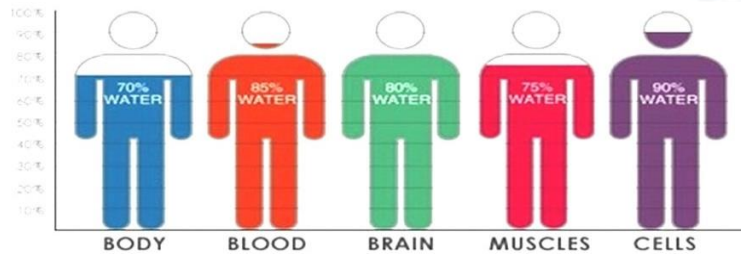
Increasing Your Water Intake!

Why?

You need it! 80% of your body is made of water. It is vital for your health! Many illnesses and complications can be prevented with proper hydration.

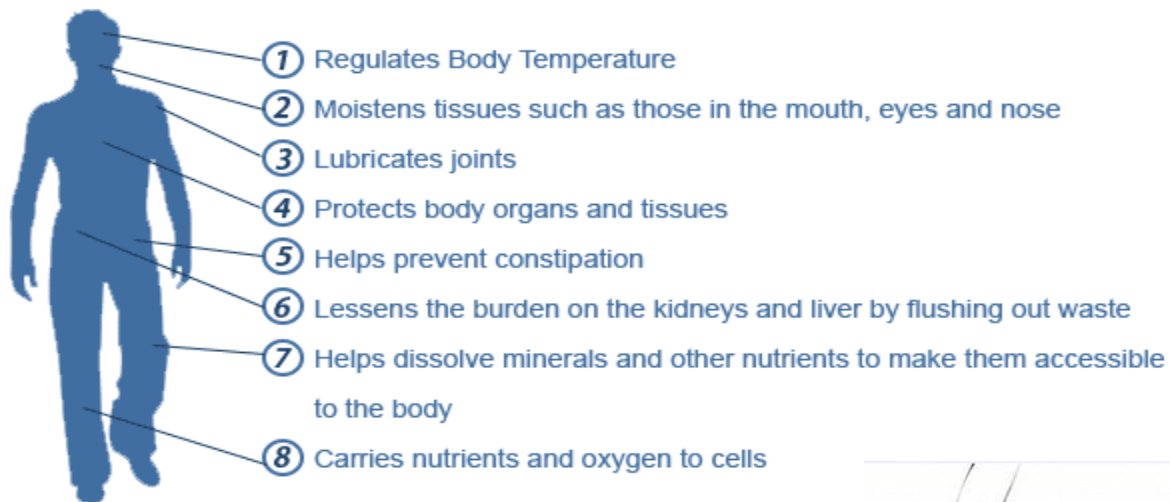


Benefits



You will be more alert (your brain is made up of 85% water), healthier, have faster digestion (Water transports all nutrients and assists in chemical reactions associated with digestion), burn more fat, have more energy, and more strength (muscles are 70% water).

Water also removes toxins in your body!



How Much?

Most of us do not drink enough water. The amount needed can be influenced by a number of factors including weather, food, and activity level.

The average person needs about eight 8 ounce glasses per day.

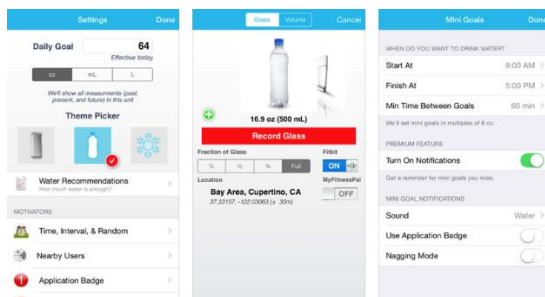


Example: 140 lbs. / 2 = 70 lbs.

So a 140 pound person would need to drink 70 ounces of water per day.

How do I consume more?

Try downloading the application Waterlogged on your Iphone or Android. Waterlogged allows you to set goals for drinking water during the day, you can also set scheduled or random reminders to make sure you stay hydrated during the day . You can even customize the app to your specific drinking glass or bottle



10 WAYS TO DRINK MORE WATER

1. USE A STRAW.
2. BUY A PRETTY WATER BOTTLE.
3. SET AN ALARM EVERY HOUR.
4. SPICE IT UP WITH FRUIT.
5. DRINK 1 CUP BEFORE EVERY MEAL.
6. EVERYTIME YOU GO TO THE BATHROOM. DRINK 1 CUP.
7. DRINK 2 CUPS RIGHT BEFORE BED.
8. COMPETE WITH A FRIEND.
9. BUY A 64OZ BOTTLE AND FINISH IT EVERYDAY.
10. FOR EVERY NON-WATER BEVERAGE. DRINK 2 CUPS.















Top 10 Hydrating Foods



How Can Fiber Help?

Water is essential in your healthy digestion. Adding fiber will help prevent conditions such as heart disease, diabetes, obesity, and constipation.

Soluble and Insoluble Fiber

	Soluble - dissolve in water and slow down digestion to give you that "full feeling".	Insoluble – add bulk to diet and help with constipation, have that "laxative" benefit.	
	oatmeal	barley	
	lentils	couscous	
	apples	brown rice	
	oranges	zucchini	
	nuts	broccoli	
	flaxseeds	cabbage	
	beans	green beans	
	dried peas	dark leafy vegetables	
	cucumbers	root vegetable skins.	
	celery		
	carrots.		

NutritionResearch101