

## 12 Weeks to Weight Loss Success This Week's Tip:

### Hydration is KEY



Our bodies are made up of about 60% water and every system depends on water. From your skin, hair & nails to controlling body temperature, heart rate & blood pressure – proper hydration is essential to good health. Water also works if you are trying to lose weight – not only can it help you feel more full, but it also improves many other functions that your body performs every day.

A study published in the *Journal of Clinical Endocrinology and Metabolism* found that drinking water (about 17oz) increases metabolic rate by 30% in healthy men and women. The boost occurred within 10 minutes but reached its maximum 30-40 minutes after drinking.

Most nutritionists recommend an 8-8 rule: drinking 8 glasses filled with 8oz of water each day. Keep in mind that if you are sweating or exercising heavily, you may need more. Not crazy about plain ol' water? Here are some tips for how to stay hydrated:

- Fruits & vegetables are an excellent source of water. Watermelon and lettuce both contain upwards of 90% water!
- Other beverages that also count towards hydration: milk, juice (reduce sugar content by diluting with water), coffee & tea (again – watch the sugar!)
- Alcohol is a huge dehydrator – you should limit your intake but when you choose to indulge, remember to use a 1-1 ratio of alcohol to water.
- Don't care for the taste of water? Try adding orange, lemon or cucumber to your water to add flavour. Miss the carbonation of soft drinks? Try seltzer water with lemon!
- Another important tip is check the color of your urine. Is it clear and colorless? If so, this is a great indication that you're hydrated. If not, drink up!

Source: [www.health.com](http://www.health.com), [www.webmd.com](http://www.webmd.com)