

# HABIT 1 HYDRATION



# HYDRATION

## ***KEEPING YOURSELF HYDRATED IS VITALLY IMPORTANT, BUT IS VERY OFTEN MISSED***

I have had clients suffering from chronic joint pain who have taken every medication under the sun in an attempt to relieve their symptoms. They then started drinking more water and over a period of time those symptoms either drastically reduced or 'magically' disappeared!

I don't know anyone who wouldn't benefit from drinking more water. The majority of your body consists of water and it's involved with every single process that happens within the body. **IF YOU WANT TO BUILD MUSCLE, WATER IS NEEDED; IF YOU WANT TO LOSE WEIGHT, WATER IS NEEDED.**

Water plays a critical role in transportation of important hormones, nutrients, vital vitamins and minerals and other nutrients around the body.

## ***WATER IS THE BEST PERFORMANCE ENHANCER***

It is really scary to think just how many calories we consume just through drinking. Replacing non-diet fizzy drinks, sports drinks, fruit juices and sweetened teas and coffee with water will have a profound effect on your health and body composition.

If you go into many households and take a look in their fridge you will no doubt see fruit juice. They have always been sold to us as a healthy drink and 'one of your five a day'. However they are absolutely laden with sugar and in fact the majority of them contain more sugar than full fat coke! Now I hear you say, "Yeah but fruit juice contains natural sugar" - the issue is, that sugar is sugar, and fruity juices contain huge amounts of what is referred to as empty calories. These empty calories have absolutely no beneficial effect on your body, and will go straight to your hips, belly and butt!

If you know you would struggle going 'cold turkey' by removing a lot of these types of drinks, the best way is to switch them to a diet version in the first instance and slowly try to reduce and eventually eliminate them. Yes there are a lot of artificial colourings and preservatives in 'diet' drinks, along with other chemicals, therefore if you do continue to drink them, only have a 2-3 a week. Eventually I would like you to transition off them completely.

Instead I would like you to drink water, green or black tea. Not only will you be consuming 100's of extra calories less a day, but they also contain antioxidants and phytochemicals that can help lower your risk of some cancers, cardiovascular disease and high blood pressure.

The first barrier to effective hydration is when someone tells you that you need to drink 2 litres of water a day – you automatically focus on the sheer volume and assume this is impossible. Honestly, it's not; **THE EASIEST WAY TO ACHIEVE THIS, IS TO BREAK IT DOWN INTO MANAGEABLE CHUNKS.**

There are so many different theories and calculations out there for working out how much water you need to drink, however by far the best one is by Dr Mike Roussel. He suggests that quite simply, you should aim for at least 2 clear urinations every day; sound simple enough? If your urine is dark or yellow, then you need to drink more water and if you get thirsty then you are already dehydrated.



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## ACTION PLAN

**BEGIN TO REPLACE CALORIE LADEN DRINKS WITH WATER, GREEN OR BLACK TEA.**

**AIM TO DRINK 500ML OF ICE COLD WATER FOR BREAKFAST.** THIS HELPS KICK START YOUR METABOLISM AND GETS YOU WELL ON YOUR WAY OF ACHIEVING YOUR HYDRATION GOAL FOR THE DAY.

**DRINKING ONE LARGE GLASS OF WATER WITH EVERY MEAL** WILL HELP YOU TOWARDS YOUR GOAL OF **DRINKING 2 LITRES OF WATER PER DAY.**

I PERSONALLY BUY A MULTIPACK OF 2 LITRE BOTTLES FROM THE SUPERMARKET. I FIND THAT BOTTLED WATER ALWAYS TASTES BETTER THAN WATER FROM THE TAP. IT'S READILY AVAILABLE, MAKING THE CONSUMPTION EASIER, JUST REMEMBER TO RECYCLE THE BOTTLES!

IF YOU DO NOT LIKE DRINKING WATER THEN YOU NEED TO GET INVENTIVE. I THINK ICE COLD WATER ALWAYS TASTES BETTER, ESPECIALLY IF IT'S FILTERED. YOU CAN BUY WATER FILTERING JUGS THAT CAN DO THE TRICK.

## MENU BUILDING TIPS

**TRY THESE FOLLOWING REFRESHING COMBINATIONS:**

**STRAWBERRY AND CUCUMBER INFUSED WATER**

**LEMON AND LIME INFUSED WATER** (BE MINDFUL OF HOW MUCH YOU USE, LEMON/LIMES HAVE A HIGHER POTENCY THAN MOST OTHER FRUITS)

**BLUEBERRY AND ORANGE INFUSED WATER**

**BLACKBERRY AND MINT WATER**

FOR MAXIMUM TASTE ALLOW THE FRUITS TO INFUSE FOR AT LEAST 12HOURS OR OVERNIGHT THEY LAST FOR ONE WEEK IN FRIDGE ONCE THE WATER HAS GONE, JUST REFILL IT LEAVING THE REMAINING FRUITS IN.

<https://amindfullmom.com/fruit-infused-water>

**CLICK HERE  
FOR IDEAS**

