

## DRINK WATER THROUGHOUT THE DAY, EVERY DAY

*POSSIBLY THE SINGLE MOST IMPORTANT THING YOU CAN DO IF YOU WANT TO LOSE WEIGHT AND KEEP IT OFF... WATER IS A 'WONDER DRUG'!*

Want to look and feel your best? Then drink water and plenty of it! Aim to drink between 1.5 and 2 litres of water each day to begin with – more if you are exercising. Try to drink quality bottled water. Water suppresses the appetite naturally and helps your body burn stored fat. Studies show that a decrease in water will cause fat deposits to increase, while an increase in water intake can actually reduce fat deposits.



Hundreds of bodily functions depend upon a good supply of water, including digestion, temperature control, the removal of toxins from the body and healthier looking skin. If you want to stay looking younger for longer then water should become your new best friend!

What's more, with regular exercise and effective eating you will be breaking down fat cells by the hundreds, if not thousands. The only way to flush this fat out of your body is with sufficient water intake. If you want to lose weight and keep it off you NEED to drink enough water DAILY.

Don't rely on coffee, tea, fizzy drinks, fruit juice or other options to quench your thirst. They don't work. The only true thirst quencher is water. It's your body's lifeline. Without water you will suffer from headaches, lack of concentration and fatigue. Dehydration is a stressor on your body and the more stressed your system, the more bodyfat you are going to store as a result. If you suffer from constipation then you need more water, to stop your digestion grinding to a halt. Drink more water and kiss goodbye to these symptoms!

### SIMON'S TIPS: WATER



**Judge how well hydrated you are by looking at the colour of your urine.** Except for your first trip of the day, it should be clear or pale yellow. If it is any darker you are likely to need more water.

**Make sure you grab a glass of water first thing.** When you get up in the morning you will be naturally thirsty. Help your body flush out the toxins it has been processing all night.

**Choose still water over fizzy water.** Carbonated water tends to contain more sodium (salt).

**Make drinking water easier by carrying a small water bottle around with you,** so that water is always to hand. Keep it topped up.

**Instead of a tea or coffee try hot lemon.** Add a couple of slices to a mug of boiling water and not only top up your daily water intake but also get some extra vitamin C.

**Don't wait until you are thirsty before having a drink.** By the time your mouth feels dry you are already dehydrated! Sip small amounts regularly throughout the day.

**More than match your tea and coffee intake with water.** If you carry on drinking coffee, tea and sweet drinks you will need to drink more water to make up for the water that these drinks suck from the body.

**Dilute fruit juice 50% with water.** That way you add to your daily water quota and you also reduce the sugar content of the juice.

**When at work, drink a glass of water every hour on the hour.** That way, by the end of the working day, your water quota will be met.