

What About Water?

You Know You Should, But...

Your Guide: Libby Wright

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Moving Day-

*A little parable about DOING...
and KNOWING your goal*

What Is Your Perfect Weight? Body Mass Index Calculation

- ▶ Underweight: 18.5 or less
- ▶ Normal BMI: 18.5 - 24.9
- ▶ Overweight: 25-29.9
- ▶ Obese: Over 30
- ▶ <http://apps.nccd.cdc.gov/dnpabmi>.

Water: How Much Is Enough?

*Your Weight (100 lbs)
Divided by 1/2 (50)*

*That's your goal in
ounces!
50 ounces per day!*



Why Does Water Matter?

- ▶ When you are well hydrated:
 - ▶ Your metabolism works best!
 - ▶ You burn calories faster!
- ▶ U. Keller, G. Szinnai, S. Bilz, K. Berneis, "Effects of changes in hydration on protein, glucose and lipid metabolism in man: impact on health." European Journal of Clinical Nutrition, vol. 57 Suppl 2, no. S2, pp. S69-74, Dec. 2003.

Why Does Water Matter?

- ▶ "After subjects drank approximately 17 ounces of water, the subjects' metabolic rates - or the rate at which calories are burned - increased by 30% for both men and women. The increases occurred within 10 minutes of water consumption and reached a maximum after about 30 to 40 minutes."

- ▶ Michael Boschmann, MD, Franz-Volhard Clinical Research Center in Berlin. The Journal of Clinical Endocrinology and Metabolism.

Why Does Water Matter?

- ▶ EFSA, Scientific Opinion on Dietary Reference Values for water. EFSA Journal 2010; 8:1459
 - ▶ 50% of fluid from water
 - ▶ 30% of fluid from other beverages
 - ▶ 20% of fluid from foods

How Do I Eat My Water?

- ▶ Watermelon, strawberries, cantaloupe and peaches have the highest water content of fruits at close to 90%.
- ▶ In the vegetable category, cucumbers, lettuce, celery, and zucchini are top rated for water supply.
- ▶ <http://healthyeating.sfgate.com/list-fruits-vegetable-high-water-content-8958.html>

What Else Can Be Done?

Whole Natural Foods

Movement Every Day

Supplements



Maintain- Don't Gain

- *Multi-Medica*
- *Corti-B Plex*
- *Adrenamed*





What Is Your Goal?

*Post at least 1 goal in the discussion forum of
this week's lesson!*



Questions?

