

## Life Habit Week 1

Drink at least **10 Cups** of Water per Day  
& Eliminate Sodas



### What does water do?

- Lubricates your joints
- Flushes toxins from your body
- Increases your metabolism (you burn more calories)
- Gives the “dewy” fresh-face look by plumping up the cells in your skin so lines are less visible
- Gives you a sense of well being (AHA)

### Hazardous to your efforts: Pop, Juice, and Alcohol

- Alcohol is full of calories, and is metabolized as a fat, and stored as fat.
- Juice is extremely high in sugar.
- Soda may lower metabolism by 5-7% per can.

8 ounces = 1 cup

8 oz. x 10 cups

= 80 oz.



### When We are Dehydrated

- Weight loss slows down or totally stops
- Digestion suffers (constipation, mal-absorption)
- Experience “fake” hunger
- Loss of energy and motivation to exercise
- Water retention (puffiness and weight gain)
- Mental “fog”
- Irritability
- Infertility
- Acne
- Dry skin

### Make it Happen

1. Plan ahead: carry a water bottle with you everywhere.
2. Spread your water intake throughout the day, rather than drinking several cups at once.
3. Instead of nibbling on food, reach for your water bottle first.