

WEEK 2:

Automate Proper Hydration



Chef Habit: *Drink Sufficient Water Each Day*

The most crucial factor to successfully increasing your daily water consumption is to increase your access to clean water. Water within your reach makes you more likely to sip on it instead of other drinks and can provide a visual inspiration to drink more water.

WHY: Drinking enough water each day (not soda!) to maintain a healthy level of hydration is a “keystone habit.” It is essentially a catalyst for other good habits. According to Charles Duhigg, author of the book “The Power of Habit,” “keystone habits,” once established, can naturally put the rest of your life in order.

Conquering your water goal allows you to gain tremendous health benefits, including successful weight management. Water is the most important component to losing weight permanently. And it is the best beverage you can choose for your proper hydration. Developing this smart hydration habit will aid you in long term weight loss and health.

Proper hydration does the following:

Keeps your metabolism revved

Water prevents constipation and aids the body in flushing out body waste and fat. The kidneys do not work properly if there is not enough water in the body. Therefore, suboptimal kidney function makes the body recruit the liver to help reduce the body’s waste products. Less fat is metabolized if the liver cannot properly function, which causes more fat to remain stored in the body.

Boosts body performance and concentration

Inadequate fluid intake leads to deteriorating body performance. Even minor dehydration can lead to a worn-out feeling and slowed concentration. Dehydration increases blood viscosity and decreases blood circulation. As a result, muscles use anaerobic metabolism and this decreases body performance and concentration.

Helps you feeling full

After drinking water, the stomach becomes full and the tendency to overeat decreases. Dehydration, on the other hand, can be misinterpreted as hunger; this can cause one to eat despite a lack of hunger.

No calories

I know it’s obvious... But I want to emphasize it. Water contains zero calories. As mentioned and referenced before, there is no better replacement for high-calorie drinks such as sodas, sugary drinks and alcohol (that often cause weight gain).

Bottom line: Water is essential for fat burning, increasing energy, improving digestion and diminishing cravings. What are you waiting for? Before you read on, just grab a glass of water. Cheers!

How much water to drink?

The Institute of Medicine has set an adequate intake of 91 ounces (2.6 liters) for women (about 11 cups) and 125 ounces (3.7 liters) for men (about 15 cups). It is important to note that this is a general guide, but not a daily target. For most people, about 80% of this comes from beverages; the rest comes from what you eat (fruits, vegetables).

To assess your specific needs, you may want to use your weight as a measure. Divide your weight in pounds by half. Convert this number to ounces. For instance, if you are a 140 lb. woman, you should attempt to drink 70 oz. (approx. 2 liters), or 8 cups of water per day.

Eight glasses of water every day is a lot of liquid! Despite knowing about the many benefits of meeting your daily water quota, drinking enough water is still a struggle for most of us. And during hot weather, pregnancy or periods of physical exertion, you might need even more.

One thing is sure: you should never wait until you are thirsty to drink water. By the time the brain signals arrive, dehydration has already occurred. A good rule of the thumb is to drink enough water so that you have very little smell or color to your urine.

HOW: Grab a reusable water bottle and put an inspirational sticker onto it. Or write your name on it with a permanent marker. Now you're ready to drink from it throughout the day. And everybody knows now that this is your bottle. Your family might even remind you if it is still full in the evening. You may put a water bottle into your purse, desk drawer, gym bag or car, and be sure to refill it regularly.

Step 1: Try setting computer or smartphone reminders that tell you to drink water every two hours, or decide on a few other "triggers," like receiving a phone call.

Step 2: Develop the routine of drinking a glass of water (8 oz/250 ml) every two hours or whenever you receive a phone call.

Step 3: After one week of sticking to this habit, reward yourself with a new, perfect, reusable stainless steel water bottle (e.g., from Kleen Kanteen) or a BPA-free water bottle. Make sure to choose a unique design or your favorite color. The more you identify yourself with your bottle, the less likely you will lose it. On the next page you get some inspirations from my valued readers.

Inspirations from my dear readers

Here are some beautiful and smart water bottles from my dear readers as inspiration. The green one is by the way my own one – the Tupperware “Sportsfreund”. All bottles are BPA-free.

