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## WHY DRINK WATER?

Drinking water can help you lose weight! A study done on women at an unhealthy weight showed that those who drank water lost more weight than those who did not.<sup>1</sup> Water can help you lose weight for the following reasons<sup>2</sup>:

- Helps you feel full so you consume less calories.<sup>2</sup>
- Water helps speed up your metabolism.
- Water helps to flush out fats and toxins.<sup>3,4</sup>

Water also helps your body with the following<sup>5</sup>:

- Keeps its temperature normal.
- Lubricates and cushions your joints.
- Protects organs and tissues.
- Gets rid of wastes through urination, sweating, and bowel movements.

### TIPS OF THE WEEK

- Your body needs water to function properly.
- Drinking water helps with weight loss.

Visit the *Water Can Help You Stay Healthy* lesson for more information on the health benefits of water. It is really important to drink enough water to replace the normal amount lost each day when you go to the bathroom, sweat, and breathe. Too little water can lead to dehydration, a potentially serious condition that occurs when you don't have enough water in your body to carry out normal functions.



You need to drink more water if you are exercising, live or work in warm weather, or breastfeeding. More fluid is needed when breastfeeding, so you may need additional fluids to stay hydrated. As a new mom, drinking plenty of water is something simple you can do to keep yourself and your baby healthy.

### SIGNS OF DEHYDRATION

- If you don't drink enough water, your body can become dehydrated.
- Signs you are dehydrated include: dryness in the mouth, headache, feeling dizzy, confused, and fatigued.
- If you ignore these signs of dehydration you could become severely dehydrated, which is a life-threatening condition.
- Signs of severe dehydration include: not urinating, convulsions, rapid breathing, weak pulse, and loose skin.

## WHAT CAN YOU DO?

Tips to increase your water intake:

- Make water accessible – Use a water bottle that you can carry around the house with you, bring to work, and keep with you in the car. Having your water bottle at arm’s reach will remind you to keep drinking!
- Make water easy to remember – Set a reminder on your phone or watch that will help you to remember when you plan to finish your glass or bottle and when it is time to refill!
- Make water fun! Add slices of lemon, lime, cucumber, or watermelon, or drink sparkling water. Visit the Recipes or Sparkling Water modules for more tips.
- Drink water when breastfeeding. Keep water nearby when you are breastfeeding to stay hydrated.
- Drink extra water when exercising. Visit the Water and Exercise module to find out how much to drink when walking and being active.
- Bring your family on board – Encourage your family to drink more water by stocking the fridge with jugs or bottles of water. You are your baby’s first teacher, so set a good example!
  - Your baby should not drink water until they are at least 6 months old.<sup>7</sup>
  - Your baby will get all the water they need from your breast milk or formula.

## RECIPE OF THE WEEK

### RASPBERRY-LEMON

- 6 cups of water
- 1 thinly sliced lemon
- 1 cup of raspberries



Directions:

1. Add all ingredients into a large pitcher
2. Using a wooden spoon, gently mash ingredients and mix
3. For best results, let it sit in refrigerator overnight or for a couple hours before drinking

## RESOURCES:

### AMERICAN COUNCIL ON EXERCISE – HEALTHY HYDRATION

[acefitness.org/fitfacts/pdfs/fitfacts/itemid\\_173.pdf](http://acefitness.org/fitfacts/pdfs/fitfacts/itemid_173.pdf)

### CDC – WATER: MEETING YOUR DAILY FLUID NEEDS

[cdc.gov/nutrition/everyone/basics/water.html](http://cdc.gov/nutrition/everyone/basics/water.html)

### MAYO CLINIC - WATER: HOW MUCH YOU SHOULD DRINK EVERY DAY?

[mayoclinic.org/healthy-living/nutrition-and-healthy-eating/in-depth/water/art-20044256?pg=1](http://mayoclinic.org/healthy-living/nutrition-and-healthy-eating/in-depth/water/art-20044256?pg=1)

### CHOOSE HEALTH LA

[choosehealthla.com](http://choosehealthla.com)

## APPS:

### DRINK WATER! (FREE):

Track the number of glasses you drink every day! This app will also show you your current statistic in this matter.

[apps.microsoft.com/windows/en-us/app/b0f8e754-ac87-4f40-aca1-2872ecf6683a](http://apps.microsoft.com/windows/en-us/app/b0f8e754-ac87-4f40-aca1-2872ecf6683a)

### WATERLOGGED (FREE):

Charts and reminders to track daily water intake.

[itunes.apple.com/us/app/waterlogged-drink-more-water/id352199775?mt=8](http://itunes.apple.com/us/app/waterlogged-drink-more-water/id352199775?mt=8)

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