



Get The Drinks In!

You're probably just settling down to your first morning coffee, so before you drink it keep reading....

You may know the human body is about 66% water. But did you know that our muscles are 70-75% water?

Our lungs are 90% water? And our brains are around 80% water? It's easy to see why water and hydration plays such a crucial role in a healthy lifestyle.

Hydration is the replacement of body fluids lost through sweating, exhaling and elimination. It's just as important at the office or on the couch as it is at the gym. And proper hydration does more than just keep you from getting thirsty.

If you were to increase the amount of water you drink each day you could look forward to all of these fantastic Benefits that water can offer....

- Boosted energy levels
- Increased metabolism
- Alleviating headaches
- Helps to reduce high blood pressure
- Helps to reduce high cholesterol
- Ease joint pains
- Decrease in some cancers
- Improve skin
- and aid in weight loss.

I'm sure everyone reading this can benefit from at least one of those on that list. So let your morning coffee go cold and head to the water cooler, and keep going back there throughout the day because you want to aim to consume around 2 litres of water each day.

But not everyone likes water. Many people prefer soft drinks, fruit juices, sports drinks, coffee and other drinks.

All these drinks can help quench your body's thirst for fluids, but they are actually counter productive to re-hydrating your body and typically contain 100 calories or more per serving.

What can you do?

Basically - Learn to enjoy drinking water!

OK so you might be visiting the toilet a bit more frequently but just think about how it can improve your health and appearance.

Drink up!