

Hydration Tips:



When the body is dehydrated, it doesn't want to let go of anything, including fat. The body is less efficient at metabolizing fat if it does not have enough water.



Hydration Goal: at least 64 fluid ounces of water per day

How to Meet Your Hydration Goal:

- **Know how much you are drinking:** don't guess! Record your intake.
- **Set Hourly goals:** Use a water bottle with hourly increments.
- **Remember:** It takes practice to make new habits!

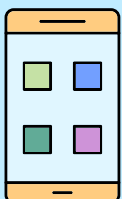


Don't like the taste of water?

Here are some ways to improve the taste!

- **Filter** your water with a filtration pitcher or use a filter attachment to faucet
- **Add Flavor-** Use powder flavoring packets or liquid flavoring drops such as Crystal Light, Mio, True Lemon or True Lime packets, Sugar free Kool-Aid
- **Infused water-** add orange, lime, lemon, cucumber, mint, or watermelon
- **Zero Calorie Fitness Water-** Propel Fitness Water, Gatorade Zero, Powerade Zero (These contain sodium)
- **Bottled Beverages-** Zero Sugar Snapple, Sugar Free Lemonade, Ocean Spray Diet Cranberry, Smart Water, SOBE, Life Water Zero, Nature's Twist Sugar Free Lemonade
- **Hot Beverages-** Herbal or decaffeinated teas, low sodium broth, decaf coffee
- **Other-** Sugar free popsicles or sugar free gelatin
- **Beverage Container-** use an attractive water bottle or decorative cup!

Useful Tracking Apps:



Daily Water Tracker Reminder
Water Reminder- Daily Tracking
Drink Water Reminder N Tracker

Deaconess:
Weight Loss Solutions