

# ***Better Blood Work Campaign Week 2***

## **Start with Water**

### **Work this week on “staying hydrated”**

#### **Lose a few pounds**

Water helps put a check on your hunger. How hungry are you? Dehydration can disguise itself as hunger. Feeling full is also triggered by a chemical called “Leptin”. Leptin takes about 20 minutes to register that feeling of full. If you take the time to drink a reasonable glass of water before your meal, you will statistically consume fewer calories. A simple habit that has a big impact! Give it a shot.

#### **Hydration aids in regulating mood**

If you are hydrated your brain is running at a more optimal level. Optimal brain performance leads to better decisions. It takes energy to make good decisions and form new habits. We take the path of least resistance when we are tired, which means we revert to old habits. Hydration could be a missing piece to optimizing your ability to form new behaviors

#### **Hydration improves energy and lowers pain**

If you are feeling sluggish check your hydration first. If this is accompanied by minor aches and pains, check your hydration. Hydration lubricates joints, making basic daily movement more comfortable. The more comfortable you are the more freely you will move. Hydration improves blood viscosity (thickness), which impacts oxygen flow to each and every cell of your body.

## **A Simple Way to Take Action**

1. Start your day with water (water before caffeine)
2. Start each meal with water
3. Replace other drinks with water
4. Eat “high” water food.

*Remember to eat the fruit in moderation.*

Lettuce: 96% water

Celery: 95% water

Zucchini: 95% water

Cabbage: 92% water

Watermelon: 91% water

Cantaloupe: 90% water

Honeydew melon: 90% water

5. Set a water goal

6. Keep a pitcher of water in the fridge if you don't have a dispenser.

