

Water

What is the role of water?

Water is essential for all of our basic functions as humans.

Helps form saliva & mucus, which aids in digestion in the mouth

Helps deliver oxygen to the rest of the body

Cushions vital organs & lubricates the joints

Regulates temperature & maintains blood pressure

Flushes body waste

**Aids in digestion & gut health, which impacts mood,
immune health, and metabolism.**

Water goal explained

The human body is made up of 60% water.

I weigh 160 pounds.

$$160 \times 0.6 = 96 \text{ pounds WATER}$$

$$96 \text{ pounds} \times 16\text{oz/pound} = 1536\text{oz}$$

5-8% decrease can cause dizziness and fatigue

$$5-8\% \text{ of } 1536\text{oz} = 77-123\text{oz}$$

This is the general range of water I need to consume in a day in order to prevent mild dehydration on a normal day.

On a day when I am sweating more than normal or losing more water than normal, I need to increase that intake.

How much? How to?

Marie Hemphill

How much should we be drinking , for real ?!?

George Sincyr

How much for daily and also weight loss

Like Reply 1d



As a general rule of thumb, anywhere from 100-128oz or more is ideal for optimal health & body functions.

Vicky Leasure

How does 1 drink over 100 ounces a day?!

Like Reply 1d



Don't think of it as a goal or an option - think of it as if your life depends on it. The mindset, "I need to drink at least 100oz of water every day in order to SURVIVE," will help your discipline more than, "I'm going to try to drink 100oz of water in a day."

Corey Allen Young

What's your strategy to drink water continuously throughout the day?

Like Reply 1d



I set time limits for myself. I use a 34oz water bottle, so I finish it once by 9am, second time by noon, third time by 3, and final time by 7pm. You can do this by setting alarms on your phone as well!

What counts?

Dawn Wilkum Klein

When counting our ounces of water, does always have to be strictly water or can you count diet sodas/flavored waters?

Like Reply 23h



Ericka Gregorek

Why do things such as our protein shakes and AA's not count in water consumption?

Like Reply 1d



The purpose of drinking water is to replenish your body's water and hydrate yourself. The water in a protein shake is used as a vehicle to deliver protein to the cells, not for hydration alone. Soda has caffeine in it (typically) which will dehydrate you. Flavored waters are okay, as long as you're not adding sugar or other nutrients as well.

Dusty Leis

When should and shouldn't you add electrolytes (ie: Imnt, liquid ive) to the water

Like Reply 1d



Unless you are sweating like CRAZY, I would say once a day is sufficient. I typically use one packet of LMNT every day to make sure I am replenishing electrolytes that are getting flushed out from regular activities.

Water & Fat Loss

Darryl Witherspoon II

I usually drink less water during the winter season...10oz first thing in the morning on an empty stomach seems to jump start my metabolism. Key thing is I have to REMEMBER 🧑 lol

Like Reply 1d



Kandi Moore- Hock

Is it true that drink water on an empty stomach (warm/room temperature) jump start your metabolism? As you know I struggle at times with water. I'm not thirsty some days, especially when I'm not working.

Like Reply 1d



Gloria Beal

does it REALLY help with weight loss If so , how? thanks

Like Reply 1d



Increased water intake increases energy expenditure & metabolism, improves gut health, and removes toxins from the body. One study conducted found the following to be true regarding water's effects on metabolism:

1. Water is essential to metabolize stored fat into energy. **Mild levels of dehydration slow your metabolism.** The slower the metabolism, the slower the fat loss.
2. **Water is a natural appetite suppressant** - so, if overeating or boredom hunger are issues for you, drinking water can absolutely help reduce your hunger.