

The Realistic Transformation Weight Loss Journey

Water•

- 💧 Why we need it
- 💧 How it helps us
- 💧 How to drink more
- 💧 Foods with water
- 💧 Water weight



The Realistic Transformation Weight Loss Journey

I invented this journey because I got sick of the ongoing battle I had with food. I constantly worried about every mouthful I ate and what it was doing to me. I was sick of being overwhelmed by obesity when other people seemed to have no issues. I got to the stage a bit over 5 years ago where my only thought was that my future was going to be one of increasing illness, medication and morbid obesity. My one driving thought was :If this is my future you can shove it. I wanted to end this battle once and for all. I realised diets don't work and are not created to work.



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One issue I had at the age of 50 was by the end of the day when I went to the gym I had little energy left and had a constant battle in my head about the reasons I shouldn't be going today.

A conversation with a trainer at the gym changed everything for me. She helped me to understand the role water plays in our bodies and in things like energy production, weight loss other areas. This is what I want to share with you today.



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We will look at the role water plays in your body



How it helps us to have more energy and lose weight



How much we should be drinking and when we should drink more



What is dehydration and what are some of its symptoms



Water weight



Ways to overcome your reluctance to drink more water



Tips & tricks I used to increase my water intake



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- 💧 Out bodies are made up of water 75% as babies to 55% as adults
- 💧 Essential for homeostasis (optimal functioning) and cellular regeneration
- 💧 Without water we can only survive a few days
- 💧 Our blood needs water, to breathe our lungs need water
- 💧 Water keeps our muscles hydrated and this provides us with energy.
- 💧 Water boosts your metabolism and flushes toxins out of our body



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💧 How does water boost our metabolism?

Your metabolism is the system that burns the food we eat to energy. The faster you burn off your food at rest, the quicker your metabolism works.

Research highlights that drinking water speeds up your metabolism by 30% within 10 minutes of drinking it and your metabolism reaches its peak within 30 – 40 minutes of drinking water. Sipping constantly has a positive effect on speeding up your metabolism



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Other positive side effects of drinking water:

Water boosts your energy. Dehydration leads to fatigue because it impacts the flow of oxygen to the brain and causes your heart to work harder to pump oxygen to all your bodily organs, making you more tired and less alert. By staying hydrated you stay energized.

Water helps build muscle tone. Water acts a lubricant around your muscle and joints which helps prevent against cramping, allowing you to work out harder and longer.

Water reduces stress. Studies have shown that dehydration leads to higher cortisol levels—the stress hormone—making it harder to deal with everyday issues. By staying hydrated you will be better equipped to deal everyday problems.



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How much water should I drink a day?

Depends on many factors such as:

- 💧 Age and weight
- 💧 Activity levels
- 💧 Temperature
- 💧 General state of health
- 💧 How much food you consume and the type of food you eat
- 💧 How much sodium you consume in a meal
- 💧 State of your mental health can affect how much you drink

Did you know that the 8 glasses of water a day was a random number someone chose. Its effective because it helps us to remember to drink, but is not accurate. The more active you are, the more water you should drink. Thirst is an indicator.



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Dehydration occurs when you have less fluid in your body than you need to function properly.

Common signs of dehydration•

- 💧 Headache
- 💧 Constipation
- 💧 Decrease in the quality of your sleep
- 💧 Thirst – even slight thirst indicates you are at least 2% dehydrated
- 💧 Colour of your urine – the more concentrate it is, the more dehydrated you are
- 💧 Infrequent urination – less than four times a day
- 💧 Tiredness with no energy
- 💧 Dizziness for no reason
- 💧 Increase in infections that won't clear up
- 💧 Dry and wrinkled skin as you age.



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Water weight.

“Our body contains up to 60% water at all times. Water is required for many functions. Water weight is commonly referred to as the extra water our body retains in our tissues and too much can lead to bloating and swelling.”

Causes:

- 💧 High levels of sodium – sodium binds with water and we retain more water than we eliminate (fluid retention)
- 💧 Suddenly increasing your carbohydrate intake – carbs get stored as glycogen and needs water to be released. Higher glycogen levels attract more water storage
- 💧 Travelling or sitting for long hours causes our muscles to contract and this causes pooling in our legs
- 💧 Hormone cycles
- 💧 Some medications and poor circulation



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Water weight.

- 💧 When we initially lose weight, most of the weight is called water weight. Over time a decrease in body weight is from a change of water weight loss, fat and muscle.
- 💧 We can lose up to 5 pounds or 2.3 kilos in water weight a day.
- 💧 Fat is harder to lose. 1 kg of fat is 454 grams and yields 9 calories. The average person would need to burn 4086 calories to lose one kg of fat and few activities will burn that high rate of fat. This is why water weight loss leads to quick weight loss and is what most fad diets aim to lose.
- 💧 When you change your eating habits and eat few carbs, have less calories and combine this with exercise you lose weight over time. Your body will burn the stored glycogen which requires water. Exercising normally leads to sweating or the loss of retained water.
- 💧 Water weight is why our weight can fluctuate from day to day and why the scales don't help us.



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In summary:

- 💧 Drinking less water will not help you lose weight, but will help you retain the water your body has to keep you as hydrated as possible.
- 💧 Water helps to curb your appetite, helping you to reduce the overall calories you eat, and makes your body function at its best.
- 💧 To lose large amounts of weight, you need to regularly drink more water.
- 💧 Did you know.....drinking cold water burns more calories because your body has to warm it to your body temperature
- 💧 Studies conclusively show that those who drink mostly water will consume less calories a day – leading to less weight gain over their lifetime.



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It's not easy to suddenly start drinking more water unless you are hot or you are active. You may also be used to drinking tea and coffee, sugary drinks like fruit juices or cola drinks. None of these drinks lead to hydrating your body.

I found that room temperature water would sometimes lead to indigestion. Water can also become boring to drink all the time. I also don't like the flavour of tap water, dam water and some rain waters.

I also hated getting up in the middle of the night to go to the toilet so I would stop drinking after tea but by morning I was incredibly thirsty



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Tips & tricks I used:

- 💧 Set goal to transform my amount by a glass a day, over time I got used to drinking more water
- 💧 Set reminders on my phone and wrote notes to remind me
- 💧 Cut out processed foods with high sodium content- didn't get as thirsty
- 💧 Chilled my water to avoid indigestion
- 💧 Brought a fruit water container and added fruit and some fresh herbs like mint
- 💧 Increased by consumption of foods with more water content – eat salads that are mostly water based like lettuce, cucumber, tomato,. Added more fruit like watermelon, rock melon, berries, stone fruits
- 💧 Have a bottle with me always that I sip from all the time and I know how much I have had to drink
- 💧 Drink until bedtime so I don't get dehydrated overnight – better sleep quality



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I know that the Realistic Transformation Weight Loss Journey works because I have followed it for over 5 years and it has ended my battle for me. Those photos are really me and have not been altered!

If you are ready to take your weight loss to the next level drop a comment below or message me.

