



## HEALTHY LIVING TIP

# ADDRESS UNHEALTHY WEIGHT THROUGH HYDRATION

Although everyone has different preferences when it comes to food, there is one thing we can all incorporate into our diets that will aid our weight loss process and help us live healthier lives. What is this magical ingredient?

### **Water!**

There are many reasons why water is important, but the key to losing weight is found in a BALANCED diet. Water is the perfect *support* we can include in our lives to guarantee weight loss success.

Water is a combination of hydrogen and oxygen. It is the basis for the fluids in the body. The importance of constantly drinking water comes from the fact that it makes up more than two-thirds of the weight of the human body.

Also, increasing the amount of water in-take can help you avoid overeating. A lot of people confuse thirst for hunger. A tip to keep yourself in check and make sure your pangs are caused by hunger, and not hydration, is to have a glass of water first before eating snacks. That way, you drink more water and teach your body how to have self-control.

Incorporating water into your life is the first seamless step you can take to lose all of that unhealthy weight!



**For more information about unhealthy weight or Healthiest Weight Florida, please visit**

<http://www.healthiestweightflorida.com/strategies/index.html>.

## Make Drinking Water Exciting.

*Drinking water is the most beneficial way of keeping hydrated. Although it tastes great as it is, sometimes it is nice to mix it up a little. Here are some tips on how to make your water more fun;*

### Freeze it.

Freeze fruit like berries in ice cubes for a chilled infusion.



### Go Fruity.

Add fresh fruits such as lime and berries to make your water tastier.



OR..

Try adding cucumber for a fresh taste.

### Make it Herbal.

Adding herbs such as ginger, mint leaves or lemongrass can improve the flavour of drinking water.



**TEA ANYONE?**  
TEA AND HERBAL DRINKS NOT ONLY HELP YOU TO STAY HYDRATED BUT ARE FULL OF HEALTH BENEFITS.