



30 Day fitness CHALLENGE

MASTER OF DESCENT - 5000 REPS IN 30 DAYS

Benefits of Drinking Water

Like it or not **Water** is the essence of life and is needed by every cell in your body.

Drinking water is probably the most important part to any natural weight loss, detox or natural nutrition or diet program.

How much Water should I drink a day?

This is one of the most popular questions around water consumption!

The amount you need varies from person to person, depending on their size, climate they are in, diet, and of course activity levels, but all that aside I would say that the recommended amount is and average for most people.

The recommended amount is 4 pints per day, that's 8 average size glasses.

Dehydration causes stress on the body and that stress will cause even more dehydration so it is better to keep everything buoyant and drink **4 pints** of good naturally cleaned water each day.

What type of Water is best?

Of course, it is safe to drink tap water but in an ideal world I would avoid tap water! Tap water has been known to be safe to drink but the cleaning process may not clear many unwanted environmental pollutants that could cause harm and stress to the body. If you are and do drink tap water, I strongly advise you to invest in a home filter to take some of the nasty's away!

Bottled and filtered water is a much cleaner and less stressful option than tap water, but watch for the sodium content level in some bottled waters, you do not want those to be too high either!

Do tea, coffee and flavoured water count?

Some say yes and some say no! In my world, it is a NO! Although they are fluids, they are not hydrating drinks, in fact most of these are dehydrating and are causing stress due to the caffeine and stimulants involved. Flavoured water drinks are also unfortunately sweetened with artificial flavours, sugars and saccharin's that are again stressful and not at all hydrating! Best to stick to the real stuff... it is worth it!

Is fizzy water ok?

Carbonated, fizzy water contains carbon dioxide, and as we know that is what the body needs to get rid of so why would you want to put it back in again? In that case, I certainly would not recommend carbonated water to be the main water that you are drinking, but occasionally it would not hurt you to drink it - but too much may make you pop 😊

Important Tip:

If you are not drinking any water at all at the moment then take it slow and gradual by adding in a little more each day until you reach the recommended 2 litre daily amount.