

# SEPTEMBER

# 2014

## NEWSLETTER

### Hydrate

*Drinking 16 ounces of water before breakfast, lunch, and dinner resulted in 30% more weight loss than people who were not instructed to drink before.*

<http://www.cnn.com/2010/HEALTH/08/23/drink.water.lose.weight/>

### Sleep

*Even in healthy young adults, restricting sleep decreases your ability to process glucose (sugar) in the blood. In some cases to the level of diabetics*

<http://sleepfoundation.org/sleep-topics/obesity-and-sleep/page/0%2C1/>

### Vitamins and Minerals

*Women taking a multivitamin during weight loss had a more significant decreased appetites and men showed lower body weights and lower body fat percentages!*

<http://www.ncbi.nlm.nih.gov/pubmed/17977472>

## WEIGHT LOSS

Weight loss is simple, right?!?!? Eat less and exercise more. We all know it's not that easy, but there are definitely things that you can do to make the process a little easier on yourself

There is more to this equation than calories in and calories out. Your body functions differently when there is a deficit. Not just a caloric deficit, but deficit in water, sleep and micronutrients.

Most, if not all, metabolic pathways utilize water to function properly. To burn fat and carbohydrates you need water. To build muscle from protein you need water. Water will help you to function at optimal levels. SET YOURSELF UP FOR SUCCESS! Drink your water, studies have shown time after time that this simple habit will help you lose weight.

Want to try a low carb diet??? Why not try getting enough sleep first? Sleep is such an interesting aspect to weight loss. Not only does motivation and energy decrease when you are not getting enough sleep, but your body begins to function sub optimally. You will no longer build muscle as quickly, recover as quickly, and your ability to process carbohydrates decreases. Therefore, sleep!

Anyone ever tell you that you are what you eat? Vitamins and minerals provide all sorts of behind-the-scenes work. Not only do they make our hair pretty and our bones strong, but they also help make things happen in the body. They make up our cells, they speed up and slow down pathways within the body. They even help alter moods (studies show links between vit D deficiency and depression).

If you're struggling to lose weight, it's often not because you just aren't trying hard enough. Many times people are just putting their energy into the wrong things. Get your body balanced and primed for weight loss. Drink your water, get some sleep, and get your vitamins and minerals in.



**FIT**  
**SPOKANE**

Looking for new healthy meal ideas??? Participate in this month's challenge

### September Challenge

Send an email to [nikkistrongfitness@gmail.com](mailto:nikkistrongfitness@gmail.com) with your favorite HEALTHY recipe (max of 3 recipes). I will post them on the FitSpokane facebook page and whichever recipe gets the most likes, wins a free session!

Even if you don't submit a recipe, please vote for your