



# May 2015 Newsletter

What's the easiest thing you can do to lose weight??? Check out these studies regarding drinking water and weight loss:

## May Challenges:

Baby Abbie is due May 20th. Send me an email or text of when you think she will actually arrive (date and time) and whoever is the closest will receive a free training session!

## Nutrition Challenge:

You have taken away the refined carbs, the desserts, alcohol, and fast food. What if there was something you could ADD to your diet to help you lose weight?!?! Lucky for you, there is! Water. Yup, drink more water. It may seem too easy or too simple but study after study (see left column) have shown that drinking more water really does work! For the next twelve weeks I challenge each of you to drink at least 8 ounces of water every time before you eat. You should drink water before any type of food, whether it's a main meal or just a snack, as well as drinking water while exercising. You can over hydrate, so use your urine color as a guide. You are looking for a mellow lemonade color.

- A 2008 study concluded that *drinking water is associated with weight loss in overweight dieting women independent of diet and activity.*
- A 2010 study concluded that people that consumed two cups (500 mL) of water right before eating a meal ate between 75 and 90 fewer calories during that meal.
- A 2011 study conducted on middle-aged and older adults (aged  $\geq 40$  years) given 500 mL 30 minutes before meal 3 times daily for 12 weeks found that the individuals lost 2 kg body weight compared to the control group.
- A 2013 study conducted on adults 18-23 concluded that when they were given 500 mL given 3 times daily for 8 weeks they lost body weight.
- A 2013 study concluded reviewed that *Studies of individuals dieting for weight loss or maintenance suggest a weight-reducing effect of increased water consumption.*