

Staying Hydrated

Still not convinced that water is the best and most delicious choice during your day?

Here are a few additional reasons why you should drink water everyday!

- ❖ Water quenches your thirst and makes you feel refreshed! It doesn't have that syrupy sweet aftertaste of soda or some sports drinks.
- ❖ Occasionally, those stomach rumblings that you feel might be an indicator that you are thirsty instead of hungry. If you're not sure that you're really hungry try to drink some water and then decide if it's time for a snack.
- ❖ Water is the perfect tea maker! You can get hot water at any restaurant, pop in your own favorite tea bag and have exactly the beverage that you want!
- ❖ You can easily add lemons or limes to your glass of iced or hot water to make your water a refreshing citrus drink!

However you like to drink your water, just drink up and enjoy!

Get Your Beauty Sleep

You need to rest and to sleep to promote a healthy body! Here is additional information about the importance of a good night's sleep!

- ❖ Sleep and rest promotes healing. When you sleep, your body repairs damage done by stress, overwork or sickness. Rest can help your body to rebuild and to repair itself in between workouts and to replenish those stores of energy that help you when you do your next workout!
- ❖ Sleep reduces the risk of disease because when your body is well rested, you are better able to fight off germs, and other environmental stressors that weaken your immune system.
- ❖ Sleep encourages a healthy body. A sleep-deprived body is under stress which can raise blood pressure, promote irritability, depression and moodiness.
- ❖ Sleep allows you to be more energetic and alert. Getting the proper sleep, usually between 7 and 9 hours each night can help you wake up feeling refreshed and ready to face the day's challenges!
- ❖ Sleep may help you to lose weight. Research shows that lack of sleep can alter the balance of hormones in your body that regulate appetite and fat storage. Getting the proper sleep can keep those hormones in check and your weight as well.
- ❖ It's so important to get the proper amount of sleep. We need to let our body rest, recover and repair so that we'll be able to be healthy and strong!

Getting your beauty rest helps you to be beautiful inside and out! Help your body to be strong and healthy by balancing work, exercise and sleep!

Eating Better - Choose Healthy Foods

It is very difficult to eat right, when there's nothing right to eat in your frig! Make better choices every day by choosing foods to help you become strong and healthy!

- ❖ Fresh fruit provides you with vitamins and minerals necessary to build healthy bodies.
- ❖ Fresh vegetables help you to have a healthy digestive track and also help you stay slim, satisfy your hunger and help to prevent certain diseases.
- ❖ Whole grain foods and whole grain products contain large amounts of complex carbohydrates that help to meet our energy needs.
- ❖ Lean protein choices help to build strong muscles, are building blocks for our tissues and help to maintain a sound metabolism.
- ❖ Low-fat snacks keep our energy levels up and provide easily accessible calorie boosts to help us get through the day - to exercise and to recover from exercise.

All of these great sources of energy work together to provide your body the fuel it needs to be strong and healthy! Eating healthy foods also helps your body to reach a healthy weight!

Writing down what you eat each day can also help you to keep track of what you eat. Try using this food journal page to help you!

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							
Total Calories							
Exercise							

