

Avalon BootCamp Lite™

Benefits of Water

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Water is a basic requirement of human life. Your body uses water to eliminate waste products, aid digestion, breathe, and regulate your metabolism. Drinking water actually helps you lose weight for a variety of reasons, one of the most vital is that it increases your body's metabolism. It also helps lubricate joints, cool the body, increase organ function and digestive efficiency, and decrease muscle soreness after working out.

If you are sedentary, you need to drink 1 ounce of water for every 2 pounds of your body weight. If you weigh 100 lbs, you need to drink 50 ounces. There are approximately 6-8 ounces in a cup, so that is 6-8 glasses of water a day. If you are 200 lbs, you need 100 ounces, or 12-16 glasses of water a day.

Calculate how many ounces water you should be drinking at a minimum (as if you were sedentary):

About 20% of your daily water requirement comes from food and other beverages, so subtract 20% from your total (if you were 100 lbs and needed 50 ounces, you would need to subtract 10 ounces. 10 is 20% of 50).

What is your answer?

40 ounces is the minimum a 100 lb person should be drinking each day in plain water. That is approximately 5-6.5 glasses of water a day.

How many glasses should you be drinking a day?

If you are physically active, your requirement for water goes up. You need roughly 20% more water, so you are back up to your original calculation!

Your body will adjust to the increase in water! You won't have water retention issues (you will notice that once your body is no longer in a constant state of dehydration, you won't have the "bloat" from water you had before. Your bladder will also start to accommodate the change in your hydration level.

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