



Get Fit. **Life Tip.**

Are you getting enough water?

Seventy-five percent of the human body is made of water, so it is crucial for your body to stay well hydrated throughout the day. Grab a 16-ounce glass of water first thing in morning to help hydrate your body and give your metabolism a jump start for the day.

Water consumption breakdown

- The average person should consume about 96-ounces of water a day.
- If you workout, you should drink an additional 16-24 ounces prior to your workout.
- During your workout you should drink 4-8 ounces every 15 minutes depending on the intensity and frequency of your workouts.

Benefits of drinking water

- Helps in food digestion and allows the body to get the proper nutrients for the foods you consume.
- Increases your metabolism, which can help in weight management.
- Helps your kidneys cleanse your body of its waste products.
- Proper water consumption help regulate circulation in the body.

Learn more about Get Fit with Bill Witte at www.bwittegetfit.com

Bill Witte a NASM-CPT, NASM-PES, ACE-CPT and CPR-AED certified trainer.

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