

Mind, Body, Weight Loss

A Program For Lasting Results



100 Ounces of Water a Day

Why?

- Water is your friend and life source
- Every cell in your body needs water to thrive
- It lubricates your joints
- Enhances healthy skin
- It helps flush out body waste
- Water is energy
- And it helps you release weight
- People often eat when they are actually thirsty

Helpful tip:
Think nice thoughts
while drinking your
water. Think of
things to be grateful
for.

What counts as water intake?

- Your glass of lemon water
- Celery juice
- herbal teas
- Watery foods (such as juicy fruits and veggies (watermelon, cucumber)
- Water
- Making your own vitamin waters (with fresh fruit, veggies, and herbs)

Look out:

For each glass of caffeinated beverage -
it takes two glasses of water to cancel it out

