



# IT'S ALL ABOUT... **H<sub>2</sub>O**



Did you know that about 60% of your body is water? In fact, the human body can last up to 6 weeks without food, but only 1 week without water. This is because water plays a vital role in just about every bodily function, from thinking and learning to regulating your body temperature and lubricating your joints.

While there are several factors, behaviors, and actions that can affect body weight, research suggests that keeping hydrated by drinking plenty of water can help with weight loss in a variety of ways:

## **Appetite suppression**

Drinking water can help you feel full because it passes through your digestive system quicker than food. This stretches the stomach, which sends messages to your brain signaling fullness.

## **Metabolic stimulation**

Metabolism is the process by which your body converts food and drink into energy. Research suggests that drinking water stimulates your body's metabolism and promotes energy expenditure.

## **It's calorie-free**

Water contains no calories! Filling your glass with H<sub>2</sub>O instead of higher calorie alternatives, such as juice, soda, or sweetened tea/coffee, can reduce your calorie consumption and help keep your blood sugar in check.

## **Effective exercise**

Water is essential to make that exercise workout worthwhile. When muscles become dehydrated, they start to break down protein (muscle) more quickly, while building it more slowly, so your workouts are less effective.

## **Better decision making**

Dehydration can cause fatigue, dizziness, and confusion. These symptoms often lead us to make unhealthy choices — like ordering a takeout rather than preparing a home-cooked meal. Or skipping that workout you promised yourself you'd do.

## So how much water should the average adult drink?

Of course, like with everything, there is no “one size fits all”. The amount of water a person needs varies greatly depending on their age, sex, overall health, physical activity level, tendency to sweat, and climate (for example, being in a very hot environment means you should drink more water).

Your urine is a very good way to determine if you need to up your water intake. It’s worth looking at the color; the darker in color, the more dehydrated you are and the more water you should drink. Aim for a light yellow.

While there are scientific benefits for keeping hydrated, increasing water consumption should only be a small part of your health journey — drinking lots of water by itself is not going to have a huge effect on weight loss. However, coupling this with making smart choices in the kitchen and increasing your level of physical activity can help you to embrace a comprehensive approach to weight loss.

Interested in learning more about hydration? Just ask to speak to someone from the **ZUPREME 2 Trial Team** at your next trial visit.

