

ASHLEY'S BETTER NUTRITION LESSON

DO 1 THING BETTER THIS WEEK

MAKE YOUR H₂O STATUS BETTER

H₂O is one of our body's most critical resources. Water does so many different things that you never want it to be in short supply. And yet, for decades, I've heard "I am not good about my water." So let's learn to do water better together!

We are made up of water and we lose water as we live healthfully during the day. Water is an *essential* nutrient for humans to take in daily so that we maintain a better balance of this nutrient essential to the body's daily workload and better results.

"Water is the driving force in nature"

- Leonardo da Vinci

What water does and what water does not do defines its value. Just a few of water's tasks include: 1) maintaining better fluid production throughout the body, 2) bringing nutrients into the cells for use, 3) supporting healthy digestion and elimination, 4) promoting healthy skin, 5) moving materials throughout the body. And now I will mention that water is free - calorie-free, that is - so that means that it does not add to your waist line, it does not elevate your blood sugar, it does not increase risk of any chronic disease. What it does do, is just the opposite.

So why the struggle with water intake. Because we have to have water, water has become a job - a bland, boring one at that. And worse, it makes us have to pee. We forget that is a good thing, and focus on it taking us away from a preferred activity and sometimes means we have to go into restrooms less clean than our own. So that makes drinking water a health risk, right? Nice try. I have heard every excuse, so now I will bust each one of them, leaving you no option but to water better, not perfect, more often.

Doing better with your water intake? Good, then it's a "Keep What's Better" for you but do check-in on it quarterly, or as you make other nutrition changes. One client switched from eggs to a better smoothie for breakfast only to realize he wasn't drinking 16 oz of water each morning so we had to rework his plan. If your water intake is not better, let's act better together. Some better water behaviors that work: set alarms, use checkoff lists & bribe yourself! Have a better way to get in water more often? Please share with us, your better nutrition members in the private Facebook group?

HOW TO WATER BETTER?

- **Better Quantity:** Before you can get in the better amount for you, more often, you need to know your better water number. That's right, while we are all made up of about the same percentage of water, how much we need daily varies greatly depending on our health, activity, lifestage, goals, and intake. Use [the Better Water Evaluation](#) to get your better water number now.
- **Better Frequency:** Your body does better when you pit stop for water more often. Too much water at one time can overwhelm the body. Plus, choosing water more often helps you not choose other items more often.
- **Better Quality:** Clean water is better. Use your own bottle more often as plastic ruins our water globally. Don't sweat your water's ph (you will just need more water!) "Alkaline" may be from added calcium which isn't a kidney win. Skip vitamin water, as water has minerals not vitamins, naturally.
- **Better Balance:** Drink water, yes, but you can also get in water from water-based beverages (your coffee & tea count!) and foods (see below).

BETTER WATER BITES

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| • Cucumbers | • Radishes |
| • Celery | • Oranges |
| • Cauliflower | • Watermelon |
| • Cabbage | • Strawberries |
| • Spinach | • Grapefruit |
| • Peppers | • Canetloupe |
| • Broccoli | • Tomatoes |
| • Zucchini | • Peaches |

