

Water Works!

You've heard this before; drinking water is essential to life. In fact, due to so much natural fluid loss in the body (i.e. from sweating, breathing, and daily elimination) it's impossible for us to properly digest and absorb nutrients or maintain a safe body temperature without consuming fresh clean drinking water throughout the day.

Nephrologist, Dr. Steven Guest says that 'when your water intake does not equal your output, you can become dehydrated. Fluid losses are accentuated in warmer climates, during strenuous exercise, in high altitudes, and in older adults, whose sense of thirst may not be as sharp'. Dr. Guest recommends listening to thirst cues and sip on water throughout the day.

Water for Weight Loss?

While water doesn't have any magical effect on weight loss, substituting it for higher calorie beverages can certainly help. What works with weight loss, according to Penn State researcher Barbara Rolls, PhD, is to choose water over a caloric beverage and/or eat a diet higher in water-rich foods that are healthier, more filling. In fact, if you replace just one caloric beverage with water each day, you can lose more than 20 pounds in a year—without doing anything else!

Water is essentially tasteless, although it does quench thirst. But if it's just not tasty enough read on for some great ways to jazz up a glass of water.

Make Funky Ice Cubes - Slice up overripe fruits and veggies and freeze them to make attractive ice cubes.



Drink Herbal Tea – Cold, unsweetened herbal tea is a fantastic thirst quencher.

Steep your favourite brand and add lots of ice to cool it down. Check out www.davidstea.com for additional flavour options

Sparkling water with natural flavours – Pour a tall glass of plain sparkling water and drop in a few flavour accents, such as ginger or citrus slices, some frozen berries and fresh herbs such as mint, basil, rosemary or lemon balm.



Sip on Vegetable Broth – Sipping on a cup of home-made broth is an excellent water replacement, providing a concentrated source of essential minerals, such as potassium, calcium and magnesium.

Share your tips for healthy hydration on social media #TriFitWater

<http://www.fitbie.com/slideshow/12-ways-make-water-less-boring>
<http://www.webmd.com/diet/6-reasons-to-drink-water?page=1>
www.eatingwell.com www.mercola.com

Tri Fit Green Tips

~~Reaching for a cold, crisp bottle of sparkling or still water can be convenient and tempting.~~

While bottled beverages are convenient, they're expensive and put a strain on the planet. Did you know that there are millions of tons of discarded plastic in the oceans?

Try these simple, greener ways to stay hydrated:

Keep a pitcher and a glass at your desk. Having a pitcher at your desk can help you to drink more water while you work. Set a daily hydration goal.

Carry a reusable water bottle. The easiest option to enjoy free tap water. Take your pick from simple bottles, bottles with built-in filters and bottles like the S'well (www.swellbottle.com) that keep your beverage cool for 24 hours or hot for 12 hours.

Turn a mason jar into a handy travel cup.

Accessories from companies like EcoJarz (www.ecojarz.com) can turn a simple jar into a multipurpose container to carry water, tea, smoothies or lunch.

Buy a soda maker. You will never need to shop for sparkling water or soda again. Save on transport and plastic bottles and control what goes into your bubbly beverages. While there is an upfront cost and CO₂ cartridges to replace, each litre costs about 25 cents.

Share your green hydration habits on social media #TriFitGoGreen

Sources: <http://www.theoceancleanup.com/>
<http://www.treehugger.com/green-food/ask-pablo-are-soda-makers-really-greener.html>

Making Goals a Reality with Tri Fit

When Kellogg Canada Employee Steve Maroun couldn't fit into the clothes he had purchased 8 months earlier, he decided to join the ten-week **Tri Fit Winning at Losing Challenge**. He was ready to commit to weight loss and felt the challenge would help him to track his progress and keep him accountable week after week.

Steve found many motivators and this, combined with hard work, led to a very successful 10 weeks.



The scale - As the weeks passed, Steve stayed motivated by his results on the scale and feeling his clothes get looser.

Athletic performance - Being able to run further and play basketball at a higher level encouraged him to stay on track.

Support from friends and family - Not only was he feeling great, but others were noticing too. The positive comments were an extra driving force to keep working hard.

The spirit of competition - Steve set up a side bet with a fellow competitor adding another layer of competition and encouragement. Every time he felt like taking a break he stayed motivated so his colleague wouldn't pass him in the standings.

Online tracking – What Steven enjoyed most was seeing the weekly tracking results. He said "It was motivating to see progress but also impressive to see how well others were doing"

How did Steve do it? He shared his plan with us. "I exercised 4 times a week and ate well 5-6 days a week. I felt it was important to make changes that I could sustain long-term so I allowed myself to eat a bad meal once or twice a week and had some weeks where I exercised less than others but made sure to get back at it the following week"

At the end of the challenge, Steve's hard work paid off. He lost 17 pounds, dropped a pant size and could get through a basketball game without getting tired. He didn't stop there; he immediately signed up for the **Best Shape Best Summer** challenge in the Kellogg's fitness centre.

If you're thinking about becoming more active, Steve has some advice for you: "When you are focused on a long term goal you can have hiccups but still be motivated and know that you can make up for a bad week".

Do you need help reaching your goals? Contact your Tri Fit Consultant for ideas and support!

Congratulations and keep up the good work Steve!

Share your ongoing progress at #TriFitGoals

August News

ParaPan Am Games – August 7 to August 15

Para athletes from the Americas and the Caribbean compete in 16 sporting events. The opening ceremonies take place on August 7th at York University at the CIBC Pan Am/Parapan Am Athletics Stadium! For a list of ParaPan Am events go to <http://www.toronto2015.org/schedule>

Water Safety

Swimming, canoeing and water-skiing are great activities to stay fit during the summer months. However, fun can turn to tragedy if water safety rules are not followed. Recent stats suggest that highest rates of drowning are among young men aged 15 to 24 and the vast majority of drowning victims were not wearing Personal Flotation Devices. Enjoy your summer safely with these tips from the Canadian Red Cross.

<http://www.redcross.ca/what-we-do/swimming-and-water-safety/swimming-boating-and-water-safety-tips>

Watermelon Mint Popsicles

A great thirst quencher, watermelon is a nutrient-dense and fresh mint adds a refreshing flavour.

Ingredients

4 cups watermelon, seeds removed
10 fresh mint leaves

Directions

Puree watermelon and mint in a blender until smooth. Pour into popsicle molds and freeze for at least 4 hours. Run under warm water to help remove each popsicle when ready to eat. Makes about 6 popsicles.