

Summer Diet Workout Plan For Women: How To Avoid Fatigue & Dehydration

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If you're hitting the gym and find yourself struggling to stay energized, you might very well be dehydrated. Take it from a **personal trainer, Franci Cohen** herself.

"The fact is that by the time one feels thirsty, you may already be significantly dehydrated," Cohen told us. If you're looking to reach your personal fitness goals, add these key tips to your summertime-fine plans.

Did you know that our bodies are comprised of 60% water? Makes you wonder if you're drinking enough H₂O, right? "It's essential to continuously replenish that loss by drinking water and eating foods with high water content," Cohen explained. Fitness enthusiast, Khloe Kardashian agrees.

The reality star recently took to Instagram to share her own water tips. "I try to consume about 5 to 6 L of water a day. Of course, this does not happen every single day, but the point is I try," she said. "My current obsession is infused waters. Some nutritionists estimate that you get as much as 20% of the vitamin content of freshly squeezed fruit juice, all without the extra calories or fructose," she posted.

Cohen says to be sure to consume 16 to 20 ounces of water at least four hours before exercise, and another 3 to 8 ounces every 5 minutes during your workout. But before you resign yourself to just water, water, water, Franci has some suggestions for keeping your hydration levels in check.



Celery - This crunchy snack is full of water, rich in fiber and has potassium, which helps your body retain the water.

Cucumbers - This green veggie is the number one of all fruits and vegetables when it comes to water content. It also contains vitamin K.

Skim Milk - Milk does the body more than good, it hydrates it! The natural balance of sodium, carbohydrates and protein helps your body retain fluid.

Coconut Water - Rich in potassium, this imparts natural sweetness, eliminating the need for added sugars.

Watermelon Water - This fruit is known to be high on salt, calcium and magnesium, which is a definite plus both before and after exercise.