SAY AGUA! IS WATER THE SECRET TO GREAT SKIN AND A BETTER BODY?

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Drinking Water: The Aid to a Better Workout and Building Muscle
Franci Cohen is a Manhattan certified trainer and nutritionist. She always encourages her clients to drink more water.

As Franci Cohen explains, it is important to stay hydrated before, during and after your workout for many reasons. When you exercise, you can lose a significant amount of fluid from increased perspiration and respiration, which can greatly compromise you body's electrolyte balance. It is important that you drink enough water to replace that lost fluid, so that your body can continue to function at its best. Being properly hydrated can also result in a better workout. It will help avoid muscle cramps, nausea and dizziness."

Water Builds Stronger Muscles and Joints

Water acts as a lubricant for your muscles, joints and vital organs. When exercising, you are adding weight and stress to your body. Without the proper

fluid intake, you can really harm your joints. Water gives this protective fluid your joints need for optimum performance and added life.

Cohen points out that, "Water is the healthiest and cheapest energy drink out there."

How Much Water Should You Be Drinking?

The amount of water you should drink before and during your workout varies depending on your weight, the type of workout you are doing and the climate. Franci recommends starting with 8 to 16 ounces of water before your workout. Then consume a glass of water for each 20 to 30 minutes during your workout.

If you are working out in a mild climate, you can lose about 4 to 8 cups of water through sweating depending on the intensity of your workout.
If you are working out in a hotter and humid climate, you can sweat a lot more and therefore dehydrate quicker. The loss of fluid during exercise will result in fatigue as well a decrease in your performance. **Franci stresses that, " Also, if you do not drink water after exercise, your performance the following days will suffer."**