

Importance of Rest and Hydration

Sleeping enough each night and drinking plenty of water are both crucial for overall health. For the body to perform at its optimal functionality, we recommend at least 7.5 hours of sleep per night and to continuously drink water throughout the day.

Importance of Rest

Rest and recovery are key when it comes to getting stronger. Most people believe strength comes from being in the gym, however, it's not the case. When you are lifting weights, your body is tearing muscles. You regain and build strength when refueling post-workout with proper nutrition and rest. Sleeping the minimum of 7.5 hours a night helps to rebuild broken-down muscles and your entire body!

*For best results to build more strength, vary the focus on muscle groups when lifting and incorporate chances for your body to recover.

Skimping on sleep can derail your weight loss goals

When you're not getting sufficient sleep, the body automatically starts saying it's hungry, even when it's not. Plus, it's more difficult to alert you when it's full. This can cause overeating, making it more difficult to see any progress. Leptin and Ghrelin are two hormones that regulate the body's feelings of hunger: Leptin when full and Ghrelin when hungry. Both hormones are generated only when the body gets adequate sleep, usually 7.5 hours or more.

Importance of Hydration

The human body is composed of 44-77% of water depending on age, gender, and other factors. Water works wonders in the body! Drinking enough water:

- Flushes the body of harmful toxins and fat by products
- Supplies our bodies with oxygen
- Helps regulate body temperature
- Raises metabolism and aids in digestion
- Clears skin
- Relieves fatigue, headaches, constipation, cramps, and sprains
- Improves mood

How much water should you drink?

During Exercise:

The American Council on Exercise (ACE) recommends drinking 17-20 ounces of water a few hours before exercising, one cup of water half an hour before you start, and sipping on water every 15 minutes during activity. Immediately after your workout, have another 8 ounces. If you're lighter on the scale after a workout than when you began, drink at least 16 ounces of water for every lost pound to ensure proper hydration!

Daily:

When in doubt, drink eight, 8-ounce glasses of water per day to stay healthy and hydrated.