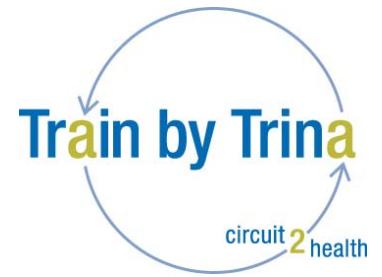




## Summer 2005



### The importance of hydration

Dear Train By Trina Readers,

“Water is the most powerful healing substance known to man”!

The average sedentary person should be drinking at least 8, 8oz glasses of water per day. If you are active this increases significantly. As the weather heats up and the heat wave continues the benefits of drinking lots of water increase as well.

A person can only survive three days without water but can live up to 80days without food. Water makes up more then 75% of your brain, 80% of your blood and 70% of your lean muscle mass. Absolutely every system in the human body depends on water. What this boils down to is that the water you drink literally becomes you!! So what are you drinking?

Upon Rising make this your morning ritual. Head to the kitchen for a glass of warm water with half a fresh lemon squeezed into it, or if you are looking to kick start your metabolism have a glass of cold water with lemon. This will help clean you all day long. At this time create mental awareness around all the good things in your life

Ways to get more water into your diet: We all have a favorite drinking glass. You are looking for something that feels good on your lips. If you like the glass you are more apt to pick it up to recreate that positive feeling again and again. Try a straw in your cup too. We tend to drink faster out of a straw.

For those active people out there, you should be consuming at least 1 liter of water before physical activity and another liter after. Your water intake during exercise will depend on you and your intensity. Everyone is different. Some people can handle lots of water during exercise others prefer to have none. As a benchmark, if you are doing a half hour of activity you should have 500ml of water at least to replace your vital fluids.

We have all done it before, gone out for a run and not brought anything to drink with us. This is hard on you system and can decrease your metabolism as much as 5%. You will not get the same gains from your exercise without water.

So keep you cup to your lips and remember, if you are thirsty then it is too late dehydration has set it. Drink up!!

## PROMOTIONS

- **Thursday August 4<sup>th</sup>**. Mark that on your calendar. I will be on a CP24's "Perfect Fit". Airs at 5pm. This is a live interactive talk show where you call in and ask the experts questions. Hope to hear from you then!!
- **Lululemon** I recently have become a Lululemon ambassador. What this means is that I have broaden my support network and now I do cross promotions with them. My home store is Queen St. They allow me to promote Train by Trina and Lululemon. We work on fundraisers together and teach clinics Stay tuned and I will be telling you about our up coming promotions.
- **Give the gift of health** Gift certificates are available for you to purchase for a friend great gift for a girlfriend who maybe considering training but is unsure. This includes and assessment and program.
- **Train By Trina Web Site** Stay posted the launch of the Train by Trina web site is coming very soon...

I hope you are enjoying your summer. If you know of a friend that would enjoy the Train by Trina newsletter please feel free to pass it on. Any fitness/inquiries questions please write [trainbytrina@sympatico.ca](mailto:trainbytrina@sympatico.ca)

Cheers  
Trina

Trina D Lambe RMT  
Fitness Success Coach