

# CitrusRoute

## PERSONAL TRAINING

### Water

Even in the colder months we should still be drinking water. Adverse effects from not drinking enough water include digestive issues, constipation, skin problems, bladder and kidney problems, fatigue, and even headaches.

*Did you know that dehydration actually sets in just before you start feeling thirsty? Sipping water throughout the day is the best way to handle it. Always have a glass of water handy! Having two glasses of water when you first wake up will increase your blood pressure to normal levels and is healthier than two cups of coffee on an empty stomach.*

Drinking fluids like sweetened juices, pop or tea will not hydrate you as well as water. To deal with the excess sugar and salt, your body wastes immense amounts of precious water to filter it out from your system. If you do drink a lot of coffee, make sure to drink one extra glass of water for every cup you have.

Drinking water regularly speeds up your metabolism and makes you feel more 'full'. *You will eat less once you start drinking more!* It's the safest and healthiest way to lose weight.

### Newsletter December 2014

#### Don't Forget to Exercise

As the month of December gets busier with holiday parties, shopping, and work obligations, **it's important to continue to make time for exercise.** It will help to alleviate stress, increase your feel good endorphins, and manage your weight while still enjoying a few holiday treats. Try to sneak in a few minutes of exercise during a lunch break and take a walk or do an extra flight of stairs while shopping.

#### January Boot Camps:

*Starting Monday January 5<sup>th</sup>*

*@ 7 p.m.*

*9 weeks for \$100*

*Private personal training sessions also available with Registered Kinesiologist. Cindy Catton, R. Kin.*

Contact Cindy today.

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