

M2LF October Newsletter 2008

www.moveit2loseitfitness.com

559 307 1408

You have to Move It 2 Lose It Fresno!



Shape UP Fresno!
Join M2LF today!

How do I stay hydrated?

1. Water...Nothing hydrates your body better than water. Be sure to drink 4-6 ounces of water for every 15-20 minutes of exercise.

2. Juice... Juice has carbohydrates, vitamins, minerals, and electrolytes, but it isn't a great thirst quencher. The fructose, or fruit sugar, reduces the rate of water absorption so cells don't get hydrated very quickly

3. Alcoholic Beverages...The gym is not a bar, you should never drink alcoholic beverages before or during a workout.

4. Sports Drinks... You can get a carbohydrate boost from sports drinks, in addition to electrolytes which may be lost from perspiration. Sports drinks don't hydrate better than water, but you are more likely to drink larger volumes, which leads to better hydration.

Don't forget to eat your fruit!

Fruit's water content is 80% and fruit also contains key nutrients like calcium, fiber and iron. Magnesium is necessary for healthy bones and is involved with more than 300 enzymes in your body! Inadequate levels may result in muscle cramps and high blood pressure. Think Move It 2 Lose It Fitness!

Shape UP Fresno!

- Meets Every Saturday
- Lose Weight!
- Enroll the Whole Family!
- Call 559 307 1408
Today To Enroll!

"Champions aren't made in gyms. Champions are made from something they have deep inside them...a desire, a dream, a vision."

Muhammad Ali

