

Hydrate your Body

Water is your body's life force. Your body's need for water is second only to its need for oxygen. Water helps you maintain radiant skin and hair. And when it comes to weight management water is an essential component of your success.

Why? Because water assists the digestion, absorption and elimination of the food you eat, helping your body to flush out toxins. But not only that, water is also a natural appetite suppressant. If you don't drink enough water you'll be more likely to overeat as your brain doesn't differentiate between

thirst and hunger. Remember to drink a large glass of water before your colourful meal.

How many glasses a day?

8 large glasses is the optimum amount that you should be drinking every day.

To liven up your water intake add a slice of fresh lemon or ask your ShapeWorks Coach about Herbal Aloe Concentrate – a delicious, refreshing beverage and a great excuse to drink more water!

Sculpt your Shape

Protein + Exercise = a better shape

Exercise is an integral part of your ShapeWorks programme. To get your best shape you need to exercise!

Exercise, when combined with protein, helps to build muscle. The more muscle you have the higher your metabolism and the more calories your body burns at rest.

Try the following:

- Burn just as many calories by walking a mile in 20 minutes as running a mile in 10 minutes
- Use the stairs, park your car further from your destination so that you have to walk or run for the bus... or better still, walk everywhere!
- Let go of stress and frustration and watch your mood lift!

Ask your Coach for great exercise ideas to help you change your shape!