

OPRAH'S Weight-Loss Secret



LOSE 10 POUNDS IN 5 WEEKS

*BODY SHAPING REQUIRES DIET AND EXERCISE. RESULTS WILL VARY.

FIND YOUR WEIGHT >>>

Height	Age 19-34	Age over 35
5'0"	97 - 128	108 - 138
5'1"	101 - 132	111 - 143

FREE FITNESS PROFILE

TOTAL BODY MAKEOVER

from Oprah's Trainer, BOB GREENE

AOL LIVING GUIDE

AOL Diet & Fitness

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WEIGHT LOSS COACH

Get the Essentials

Water: Drink Up!

From Cooking Light Magazine



You've just completed your morning run, shorts drenched as if you'd just jumped into the neighbor's pool fully clothed (you were tempted, but...). You hop in the shower, get dressed, and head off for work, where you grab a bagel and coffee.

What's wrong with this picture? The first thing you should have done -- well, maybe the second thing, after peeling off your running clothes -- is drink a glass of water. Whether you were thirsty or not, you certainly needed it. Thirst isn't the only way to tell whether or not you need water. There are plenty of other clues: sweaty clothes, high humidity, even fatigue. Water is one of the most important nutrients your body needs to stay healthy, vibrant, and energetic, especially in the heat of the summer. It regulates body temperature, transports nutrients and oxygen, and helps cushion your body from injury, among other things. Every day you lose an average of 10 to 12 cups of water -- you need to make sure to replace it to maintain your body's fluid balance. If you don't, you could develop symptoms of mild dehydration, such as loss of appetite, headaches, dizziness, and fatigue.

As crucial as water is to good health and well-being, most people don't drink enough. Which leads us to these tips for stepping up your consumption, from IDEA, an organization of more than 23,000 health and fitness professionals.

- Eight isn't always enough. Eight 8-ounce glasses of water daily is the standard recommendation. But for a more precise estimate of how much water you need daily, divide your weight in half. That number in ounces is your recommended daily water intake.
- Drink more if you exercise. In addition to your recommended water intake, replace water at a faster rate if you work out. According to the American Dietetic Association, you need two cups of fluids two hours before exercise, followed by another two cups approximately 15 to 20 minutes before endurance exercise. During exercise, drink every 15 to 20 minutes. You may want to switch to a sports drink if your exercise session lasts one hour or more.
- Drink before you get the signal. Many experts believe that thirst indicates you're already slightly dehydrated.
- Have a plan. Try setting your own quota -- drinking one glass when you wake up in the morning, and another just before you go to bed, for instance--to ensure you get the minimum. Keep water bottles and pitchers near you as a reminder, and take frequent water breaks during the day.

Dieting by Numbers

powered by eDiets.com

- BMI Calculator
- Carb Counter
- Calorie Counter
- Diet Needs Analysis

Diet Talk



Chaejoh25 says, "As always, drink plenty of water before and after meals, during the day, and most definitely after the any vigorous physical fitness routine. By doing that alone you'll notice the difference right away."
-- [Can Water Tame Hunger?](#)

Move to Lose



Learn how to set a weight-loss goal you can achieve with help from AOL Better Life Coach Jorge Cruise. Watch as he [shows you how to lose](#) embarrassing excess weight and keep it off for good.

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5 7 in.

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- Enlist help. Water is the best way to stay hydrated, but other beverages such as milk and juices can also help you meet your hydration needs. If you're truly concerned about your fluid intake, avoid caffeinated and alcoholic beverage; they increase fluid loss.

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