



Western
Health
Advantage



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Drinking Water For Weight Loss

Drinking water before a meal can curb your hunger.

One study showed that drinking 16 ounces of water about 30 minutes before a meal helped people eat fewer calories and lose more weight. So drink a glass of water when you feel hungry and see if that lessens your hunger.

Drinking water can boost your metabolism for up to one-and-a-half hours, helping you burn off more calories.

Drinking water instead of sugary beverages like sodas, juices, and energy and sports drinks helps you lose weight. Sugary drinks are basically liquid candy and contribute to obesity. Good hydration begins with fluids that have little or no sugar. Plain water, decaffeinated tea or coffee, and sparkling water with a splash of juice or infused waters make better choices.

Consider, too, these additional benefits for your health: drinking lots of water helps your muscles work better, helps your kidneys flush out toxins and prevents constipation. Get into the habit of keeping a bottle of water at your desk, in your car or in your bag.