









Alloy Nutrition

Hydration

Your body is an amazing machine! Give it the right fuel and it will take you amazing places. You might think we're talking about food. While you wouldn't be wrong, we're actually focusing on staying hydrated. Consuming enough water is a key factor in reaching your goals - and it's one of the most important things you need to do on your fitness journey.

If water had a dating profile, you'd probably swipe right. Water aids in the fat-burning process and helps wash away excess toxins. It can also be your ally in the gym! Going into a workout fully hydrated allows you to train more intensely - and it will help you avoid fatigue in your workouts. Still need more convincing? Staying hydrated reduces your food cravings, as well as your chances of overeating.

Maybe you don't like the taste of it. Try adding some fruit in there! There's a reason why spas and hotel lobbies have cucumber-infused water. It's refreshing! You can also try tea, coffee, broth, fruits, and vegetables.

Lastly - and it's a little weird to talk about - we need to discuss the color of your urine. It should be clear and lightly colored. Dark urine is a sign of dehydration. As a minimum, set a goal to drink half of your body weight in ounces. If you're up to it, you can also track your daily intake to see how you're progressing. Follow these tips and we know you will see results. Cheers!

Hydration Hacks

- *Drink at least ½ of your body weight in ounces (200 lbs = 100 oz of water)*
- *Keep filled water bottles in your most-trafficked places (car, desk, bike, etc.)*
- *Anytime you drain your glass or bottle, fill it up*
- *Eat water-rich foods like cucumber, zucchini, watermelon, and grapefruit*
- *Drink a glass of water while you're waiting for your coffee to brew*