**Focus on Hydration**

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Water is the ingredient to all life on Earth. Bodies are mostly made of water, so you have to take special care to replenish your reserves every day. Every function your bodies do every second behind the scenes is all possible thanks to water. The benefits and its anti-aging properties are overwhelming.

It can be challenging to drink sufficient amounts when coffee or soda is the more appealing choice, but the health benefits are worth it. Drinking water can boost your metabolism, aid in weight loss, and improve the appearance of your skin.

Circulatory systems are the highways of our bodies and blood is what transports nutrients and removes waste from every cell. By maintaining a healthy circulatory system, you're helping your body fight aging. Thicker blood has a hard time squeezing through our vessels, so drinking water can speed that process up greatly.

Have you ever eaten a meal with a substantial amount of calories and felt hunger pangs? Many people confuse this empty feeling with hunger so they consume more, even though they don't need the calories. When our bodies require water, our stomachs simulate a hunger sensation to alert us to drink more. If you often feel hungry but are interested in losing weight, try drinking one glass of water before and after every meal to prevent overeating.

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