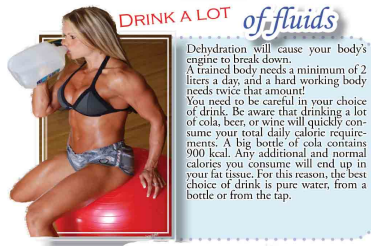


## Drink a lot of liquids

Written by

DATE\_FORMAT\_LC2 -

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Drink a lot of liquids

Dehydration will cause your body's engine to break down.

A trained body needs a minimum of 2 liters a day, and a hard working body needs twice that amount!

You need to be careful in your choice of drink. Be aware that drinking a lot of cola, beer, or wine will quickly consume your total daily calorie requirements. A big bottle of cola contains 900 kcal. Any additional and normal calories you consume will end up in your fat tissue. For this reason, the best choice of drink is pure water, from a bottle or from the tap.

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