



# Kamla Macko The **HEALTH BENEFIT** of **WATER!**

## Importance of Staying Hydrated

I always stress the importance of staying hydrated to my clients. Water is crucial for your health and well-being. In Dr. Don Colbert's Book The Seven Pillars of Health, he states "water is the first pillar of health." According to research drinking water on a regular basis supplies your body with many health benefits.



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Dehydration



Lubricates your  
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## THE HEALTH BENEFITS OF WATER!

I always stress the importance of staying hydrated to my clients. Water is crucial for your health and well-being. In Dr. Don Colbert's Book *The Seven Pillars of Health*, he states "water is the first pillar of health." According to research drinking water on a regular basis supplies your body with many health benefits.

### HEALTH BENEFITS OF WATER:

- Water transports nutrients to your cells.
- Water flushes your kidneys by removing toxins from your body.
- Water lubricates your muscles and joints.
- Water helps with blood circulation.
- Water helps to prevent dehydration.
- Water helps with digestion.
- Water helps to keep your skin young, healthy and vibrant.

**Kamla Macko**, is the Author of *ABS & GLUTES TUNE UP* fitness book. She is a graduate of Florida International University with a degree in Exercise Science/Cardiac Rehabilitation. She is an IFBB Figure-Pro, Kentucky-Pro Champion and 2x Olympia Competitor. Kamla competed in a total of 19 shows including Arnold Classics and Ms. Figure Olympia. She is the co-owner of G~Kamp Fitness in Tampa, FL. [www.gkamp.net](http://www.gkamp.net)

Written by Kamla Macko, KUOMagazine's Weighing In Journalist  
IFBB Figure-Pro Certified Personal Trainer, 2x Olympia Competitor,  
Ms. Figure Olympia & Co-Owner of G-Kamp Fitness (Tampa, FL)

To Order my *ABS & GLUTES* Fitness Book for only \$25.00 (Includes S&H) Visit: [www.gkamp.net](http://www.gkamp.net).  
The book includes healthy recipes and a Progress Chart to help you stay on track with your workout.

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