



## HEALTH TIP OF THE WEEK

### 10/18- Drinking Habits to Avoid to Maintain or Lose Weight

**If you want to slim down and keep those pounds off, discover the drinking habits you need to stop now.**

If you're trying to lose weight, chances are you've scrutinized virtually everything that crosses your plate, from your portion sizes to the condiments you're using to top those foods.

However, what many people fail to consider is how much their choice of beverages can affect their daily caloric intake—and their weight. If you want to slim down and keep those pounds off, read on to discover the drinking habits you need to stop now.

#### 1. Drinking Sweetened Tea

While drinking some herbal or black tea with no added milk or sugar can be a satisfying way to shake up your beverage routine, those sweetened iced teas you get at the store could be the reason you're struggling to lose weight.

A 16-ounce bottle of sweetened iced tea contains anywhere from 200 to 450 calories.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at [Eliteptf.com](http://Eliteptf.com) for more information and to schedule your evaluation.

## Drinking Habits to Avoid to Maintain or Lose Weight *(con'td)*

### 2. Drinking Enhanced “Waters”

Just because a drink has “water” in the name doesn’t mean it’s low-calorie—or healthy. Whether you’re feeling sick or feeling like you need a dose of something healthy, you might be lured into buying a water loaded with vitamins, but they typically pack mostly sugar.

### 3. Drinking Sports Drinks

No matter how grueling you consider your workout to be, odds are you don’t actually need a sports drink to refuel afterward. Traditional sports drinks typically contain added sugar, artificial dyes, and other additives that contribute to inflammation and weight gain. If you are exercising program is high-intensity your post workout beverage should be a drink that is high in protein and low in carbohydrates.

### 4. Drinking Fruit Juices

Fruit juice is often touted as a healthy drink, and juice cleanses have made it seem downright weight-loss-friendly—but this is hardly the case. Most conventional juices are loaded with sugar. Better to get the vitamins, minerals and fiber from eating the fruit itself.

### 5. Low-Protein Smoothies

If you’re reaching for a snack mere hours after breakfast, your low-protein smoothies could be to blame. Smoothies made with several fruits and with a low protein source can be high in calories and leave you feeling hungry.

### 6. Regularly Drinking Alcohol

It’s all too easy for a single drink to turn into many more—and that can easily lead to weight gain over time. Having two drinks per night can add anywhere from 200 to 500-plus calories to your day depending on the type of drink.

### 7. Not Drinking Enough Water

It’s not always what you’re drinking too much of that can hinder your weight loss efforts or lead to weight gain.

Most of my clients start out not drinking enough water and it truly makes such a difference for energy levels, hunger, and performance in the gym. Replacing most of your beverages, specifically soda, energy drinks, sweetened iced tea, lemonade, fruit juice, etc., with water will dramatically improve your weight loss!



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## Take-Home Message

Please feel free to reach out to us so we can help you improve your metabolism and overall health and wellness

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