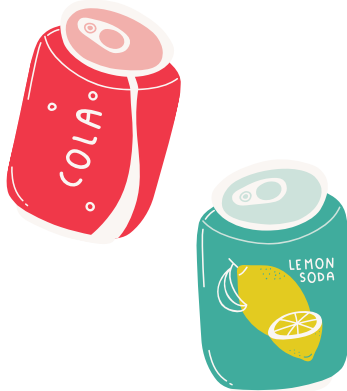




HEALTH TIP OF THE WEEK

1/31: Soda

Don't Pop That Top



Soft drinks or sodas date back to 1798 when Joseph Priestley invented carbonated water followed by the invention of cola drinks by pharmacists in the 1800s. Since then, the production of soda has become a multi-billion dollar business as people around the world enjoy drinking them every day. In fact, many will confess they are addicted to drinking soda. According to research, the average American drinks approximately 56 gallons of soda a year. Many people choose to drink soft drinks over water. Although drinking an occasional soda does not necessarily cause health risks, consuming one to two sodas a day will ruin your health.

Regular consumption of soda is linked to, associated with and causes just about everything that you could imagine that is bad for your health. Daily soda consumption is associated with the following: weight gain, high blood pressure, high cholesterol, dental decay, sugar and caffeine addiction, vitamin deficiency, diabetes, cardiovascular disease and cancer! A small 12oz can soda has approximately 160 cal and 10 teaspoons of sugar. That's already more sugar than you should have an entire day. Here are some alternatives to begin to decrease your soda intake or eliminated entirely.



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 for more information and to schedule your evaluation.

Water

When you're thirsty, reach for a glass of water – your body will thank you for it. This naturally sugar-free option is good for you in so many ways. Staying hydrated helps your body keep the right temperature, gets rid of waste, cushion joints, move and hydrates every cell which is needed for all your bodily functions.

Coffee

Part of your soda cravings can have something to do with caffeine in soft drinks. Try a cup of coffee instead. Even with 1 teaspoon of sugar, it is a way better choice than a typical soda.

Tea

Replace that soda with a cup of tea, especially the green variety. It may be linked to a lower risk of heart disease, cancer, and diabetes

Spritzer

A little juice and some sparkly water is kind of like a soda and maybe a way to scratch that soft-drink itch without the empty calories. But be careful, juice has many calories also, so little splashes all you want.

Red Wine

Instead of a mixed drink with a soda at the bar, go for a glass of red wine. It has fewer calories and may help protect the blood vessels in your heart and prevent blood clots.

New Ritual

Old habits die hard, particularly when it comes to sugar. If you enjoy a soda every day at 3 PM, it may be tough to kick it unless you replace it with something else you enjoy, say a cup of coffee or a square of dark chocolate.

Diet Soda

Don't think this is a good substitute. Research shows that artificial sweeteners in diet soda may even be worse than sugar. They alter your metabolism in a negative way, also cause weight gain as well as increased risk for diabetes and heart and kidney disease.