DSU Half-Ton Weight Loss Challenge – Week 4
This Week’s Goal: Rethink Your Drink

Did you know that the average American drinks about 45 gallons of sugary beverages a year? Drinking one soda a day is the same as eating 50 pounds of sugar in a year!

Sugary beverages are a major contributor to the obesity epidemic, a crisis that affects more than a third of all adults and 17% of our children. Sweetened beverages provide excess calories that cause weight gain and type 2 diabetes, but they contribute little to no nutritional value. Regular consumption of sugary beverages is also linked with an increased risk of cavities.

Sugary beverages includes everything from sodas, iced teas, sports and energy drinks, flavored waters, fruit drinks, and powdered drinks.

This is a simple calculation you can use to find out how many teaspoons of sugar are in your favorite sugary drinks: \[ \frac{\text{grams of sugar (g)}}{4} = \text{teaspoons of sugar} \]

Facts about Soda and Sugary Beverages

- Sugary beverages like soda contain “empty calories” in that they don’t provide much in the way of nutritional value. **Water is your best bet.**
- In children, for each additional sugary beverage that is consumed a day, the risk of obesity jumps by 60% - yikes!
- Sports drinks should be used only after intense exercise lasting more than 60 minutes; they are designed more for endurance athletes. Unnecessary consumption is linked to excess weight gain in both adults and children.
- Giving up 1 soda per day from your usual intake could lead to a 15-pound weight loss in 1 year – from just that one change!

Your Goal This Week: Rethink your drink – choose water over sugary beverages and save lots of calories!

Get Moving Tip – How are you doing trying to fit in at least 30 minutes of activity daily? For those not accustomed to high-intensity activity, walking is your best bet. Use the WRC indoor track or consider purchasing (or borrowing form the library) Leslie Sansone’s “Walking Off Weight” DVDs. For those who want something more high-intensity, look on Youtube for fun dance workouts you can do from the comfort (and warmth) of your own home, like “Burn Calories With This Dance Party Workout”. (YouTube - POPSUGAR Fitness channel) [http://www.youtube.com/watch?v=9HyO6cKn6Ys&sns=em](http://www.youtube.com/watch?v=9HyO6cKn6Ys&sns=em)