

REAL EMPLOYEE STRENGTH

August 2011

Strength Through Health

Strengthen Your Beverage IQ

Did you know...

- It takes about 45 minutes of walking to burn off the calories in a 20-ounce pop? Water keeps you hydrated without all the extra calories.
- A single 20-ounce soda has 16 packs of sugar? Can you imagine adding that much sugar to your coffee?
- The sugar and acid in sweetened drinks harm your teeth?

Reach for Water First to Quench Your Thirst!

Bring a reusable water bottle to work—Make it a habit to keep it filled, and drink often.

\$trengthen Your Health \$avings

Ordering water instead of soda in restaurants just once a week can save you up to \$78, and help you lose up to 6 pounds in a year!



Take Home Message

Read the “sugars” part of the nutrition label. Women should aim for less than 25 total grams in a day and men less than 40 grams per day.

