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America's Healthiest Couple

Drink Less, Weigh Less

By Dan & Jennifer Polimino



Most people want to be in great shape, but when push comes to shove they have a hard time giving up their favorite foods. What if you gave up some of your favorite drinks instead? It's not uncommon to add more than 2,000 calories to your daily diet with refreshments alone. Let take a look at a sample 24-hour period. Stay with us and you're in for a big surprise.

It's 8:00 a.m. and time for a glass of OJ (a typical 8-ounce glass equals 112 calories).

Off to work you go and Starbucks calls your name on the way. You snag a 16-ounce Vanilla Bean Frappuccino Blended Crème for a total of 500 calories. Lunchtime rolls around an 8-ounce Arizona RX Energy Tea really hits the spot (120 calories). The all-too-common energy slump takes its toll while you're on a 3:00 p.m. sales call, but never fear, Jamba Juice is here to provide a quick energy boost. You order a large Caribbean Passion smoothie for a whopping 580 calories.

Following a terrific workout around 6:00 p.m., your body needs some nutrients for recovery so you down a 310-calorie

chocolate protein shake. Finally, you and your main squeeze meet for dinner and a 6-ounce martini (408 calories) helps you pass the time while waiting for your table.

That's a total of six beverages for the day, not out of the ordinary for the average person. But brace yourself for the grand total: 2,030 calories. Yikes!

Keep in mind that most people can maintain a healthy weight on around 2,000 calories, but that's 2,000 food calories. Combining food with a sample day of drinks



like this one gives you around 4,030 calories for the day! Unless you're a really large person or training for triathlon you'll be packing on pounds in a hurry with that kind of intake.

Take an honest look at your beverage habits and see if you can't ditch at least some high-calorie blends. You'll be amazed at how much easier it is to achieve your fitness goals.

Join Dan and Jennifer Polimino, America's Healthiest Couple, right here every Monday for fitness and nutritional advice. Dan and Jennifer are ACSM/ACE certified trainers, authors, and founders of Paradigm Fitness, Inc. and The Great Shape-Up Program. To ask them a question or to find out more about lasting weight loss, visit GreatShapeUp.com

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