

## Smart Drinks for a Healthy Weight

Staying well-hydrated can make a difference in your health, your performance and even your attitude. Choosing power drinks like water, milk and juice instead of soft drinks can help you maintain a healthy weight and quench your thirst at the same time.

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### 1. Drink in the AM: Pour a glass of juice or milk

- Start the day out right by drinking at least 8 ounces of refreshing liquids before you leave the house. For an early morning health kick, choose a tall glass of low-fat or fat-free milk; some 100% fruit or vegetable juice; or a creamy fruit and yogurt smoothie.

### 2. Drink all day: Keep a water bottle handy

- Carry a bottle in the car, to work or at school and fill it with cool water throughout the day. If you enjoy a bubbly beverage, try sparkling water or club soda instead of a sugary soft drink. For a real thirst quencher, add a squeeze of lime, lemon or orange.

### 3. Drink in the evening: Serve power drinks for dinner

- Skip the soft drinks and pour a power drink for the whole family. Kids of all ages need bone-building calcium and protein to stay strong and tall. Milk (1% or fat-free) is a delicious way to get powerful proteins, vitamins, minerals and fluids all in one glass.

### 4. Drink before activity: Hydrate yourself with water

- Being well-hydrated enhances your athletic performance and your enjoyment. You'll do better and feel better too! Drink at least 8 to 16 ounces of water a couple of hours before you begin any intense physical activity. Then another 8 ounces right beforehand.

### 5. Drink during activity: Stay cool with cool fluids

- Try to drink at least eight ounces for every half-hour of strenuous activity. On a brisk walk, you can sweat as much as a quart an hour. Water is best in most situations. Sports drinks may be helpful if your activity lasts over an hour or if the intensity is very high.

### 6. Drink after activity: Rest, re-fuel, and re-hydrate

- Here's an easy way to tell if you've taken in enough fluid to replace what you lost in sweat. Check your urine. If it is clear to pale yellow and nearly odorless, you're doing great. If not, pour yourself another tall glass of water or 100% fruit juice

