



Water or Sports Drink?

It's April! Spring fever? If you're planning to get back to your workout program—choose your beverage wisely.



For most people, WATER is the expert's choice! It's cool, refreshing and has zero calories! If, however, you are going to be exercising (hard) for more than an hour—use sports drinks. Drinks such as Gatorade or PowerAde are formulated to give athletes an added source of fuel (sugar) while exercising. The extra calories aren't needed, and may undermine weight-loss efforts if you're drinking more calories than you actually “burn” while exercising.