



Events this Week

**Strength Training:
Easy Physical
Activity You Can Do
Almost Anywhere
Using Resistance
Bands**

Monday, June 11:
12:00 – 12:30PM
S1-853
Graduate School of
Nursing Conference
Room

To purchase a
pedometer, visit the
Step Ahead office at
S7-746.

Step Ahead can
come to you!
Contact us to
schedule a
workshop for your
group. Call us at
508/856-2319 or
800/522-4617, or
email at
info@stepahead
program.com.

The Buzz with Sports & Energy Drinks

Sports and energy drinks are very popular. In fact, since January 2006 more than 200 new energy drinks have hit store shelves. What's the best beverage to drink for energy?

Sports drinks are sold as a way to stay hydrated, giving your body enough fluids to work properly. Drinks like Gatorade, PowerAde and All Sport are made to replace the electrolytes, sodium, potassium and sugars that you lose during intense exercise lasting an hour or more. Examples are activities like running, biking long distances or playing soccer. For most everyday activities, you do not need the extra electrolytes, sugar and calories found in sports drinks. A 20-ounce bottle of Gatorade has 125 calories and has 9 teaspoons (35 grams) of sugar.

The "energy" in energy drinks is from sugar and a lot of caffeine. You do not gain energy from their exotic ingredients like amino acids, vitamins and herbs. An 8.3-ounce can of Red Bull has 110 calories and 7 teaspoons (27grams) of sugar. A 16-ounce bottle of Rockstar or Full Throttle has 220 calories and

14 teaspoons (58 grams) of sugar. You would have to walk at a fast pace for almost an hour to burn off 220 calories!

A typical 16-ounce energy drink has more caffeine than 2 cans of Coca Cola, about the same amount of caffeine as 8 ounces of drip coffee. Caffeine is a stimulant and also a mild diuretic which makes you urinate more often. Too much caffeine can lead to dehydration and can disrupt sleep. *Energy drinks are likely to give you a burst of energy that lasts a very short while. Then your energy level can drop very suddenly.*

Overall, sports and energy drinks are not good for you. They add calories to your diet without any real benefits to your energy or sports performance.

Water is the best drink for energy and hydration. Drink water throughout the day to prevent dehydration, maintain energy, and regulate body temperature, especially when you exercise. An important benefit of water is that it is calorie- and sugar-free. If you don't like the taste of water, add a slice of lemon, lime or orange.

Recipe of the Week

Southwestern Turkey Burgers Makes 6 Burgers

1 1/2 pounds lean ground turkey meat
1 fresh green chile pepper (Anaheim or hotter if you like), chopped fine
1/2 cup reduced fat cheese (such as Monterey Jack or Cheddar), grated
1/4 cup plain dried bread crumbs
2 Tablespoons low fat mayonnaise
Salt and pepper to taste
6 whole wheat burger buns

- In a large bowl, mix together turkey, chili pepper, cheese, bread crumbs, mayonnaise and salt and pepper. Shape

into 6 patties.

- Preheat broiler.
- Spray broiler pan with cooking spray. Put burgers on broiler pan and place several inches away from heat.
- Cook about 8 minutes on a side, then turn. Turn again once or twice as needed, so burgers are cooked through and nicely browned.

Recipe adapted from
www.marthastewart.com

Nutritional information per burger - turkey patty and whole wheat bun:

Calories: 331 Carbohydrates: 24g
Total Fat: 10g Dietary Fiber: 3.2g
Saturated Fat: 3g Protein: 32g

Tip of the Week

To find out how many calories you burn while doing your favorite exercise, go to <http://www.caloriecontrol.org/exercalc.html>.

To learn more about Step Ahead visit www.stepaheadprogram.com