

COACH LESLIE's OCTOBER TIPS for HEALTH and FITNESS

Topic: SOFT DRINKS

Are Sodas & Diet Sodas Bad For You?

SODA:

A can of regular soda contains 150 calories. Drinking soda can lead to obesity, increased insulin resistance (diabetes), high blood pressure, and a greater risk of heart disease. Following are some reasons why:

- Consuming more calories in general
- The high fructose corn syrup content in soda
- Lower feelings of satiety (satisfaction)
- The general effect of eating a diet that is high in refined carbohydrates, including sugar



DIET SODA:

Many weight-conscious people have changed to diet soda in hope that this is a healthier, calorie-free alternative. Research indicates that drinking more than one soft drink a day, even if it is diet, may be associated with an increased incidence of health problems. Soft drink consumers (diet or regular showed the following):

- 44% more likely to develop metabolic syndrome
- 31% more likely to be obese
- 25% more likely to have higher-than-average blood pressure
- 18% more likely to have high blood pressure

Some research suggests that it is the artificial sweeteners or the caramel content in the diet sodas that may be causing the problem. More research is being performed in this area.



Exercise of the Month: Single Leg TFL Squat

- **How to Perform the Single Leg TFL Squat and Avoid Injury:**
 - Opposite leg is crossed with foot above knee.
 - Lower body on one leg until top of thigh is parallel to the floor (like you're sitting back).
 - Maintain an erect position with eyes forward, chest high, and heel flat.
 - Return to the starting position and repeat. Alternate sides.
 - **Note:** This exercise should be felt as a stretch in the leg that's crossed and in the butt and leg of the working leg. Go down as far as possible that is comfortable.
- **Muscles Worked:**
 - Gluteus Maximus and Medius: "the butt"
 - Quads: "Front of the leg above knee"
 - Hamstrings: "Back of leg above knee"
 - Erector Spinae: "back muscles around spine"
- **How Many and Where:**
 - Start off with 10-15 Repetitions and do 2-3 Sets
 - Rest :30 seconds in between sets
 - Can do this anywhere!

