



Scale Back Alabama 2017: Health Tip - Week 4

AVOID LIQUID CALORIES - DRINK WATER

Sugary beverages, like soda, sweet tea, lemonade, milkshakes, or flavored coffees, offer little nutrition for your body, yet add a tremendous amount of calories to your diet. Instead, drink plenty of water (it has zero calories!) and stay hydrated! Drinking water doesn't have to be boring. Infusing your water with fresh natural ingredients like fruits, vegetables, and herbs can add flavor, nutrients, and eye appeal to your beverage. Nutrients from cut fruit and vegetables infuse into the water adding vitamins, minerals, and antioxidants to your diet. Get creative with your flavors! For additional "water" tips, click [here](#).

INCLUSION TIP: When participating in physical activity, perspiration further increases water loss in the body; therefore, adequate hydration, or replacement of water in our bodies, is extremely important. People with a disability may be more prone to the effects of dehydration due to body temperature control and a decreased body surface area. Make sure to stay well-hydrated throughout

the day and take fluid breaks during physical activity. Water is the essential nutrient!

MYTH: A sports drink is necessary if you are running, playing soccer, gardening or (insert favorite activity here) in the heat.

FACT: Unless you are an athlete intensely training for an hour or more you do not need a sports drink to replenish your body. Fluid and electrolytes can be replaced in a healthier way by simply drinking water and eating a piece of fruit.

WEEKLY RECIPE:

[Crockpot Chicken Fajitas](#)

HEALTHY LIFESTYLE BEHAVIORS TRACKER:

(check when behavior added)

- Set SMART Goal**
- Exercise – Be FITT**
- “Eat A Rainbow”**
- Drink Water**

FAMILY FOCUS

Water is essential to all healthy bodies, especially active bodies. Active kids need more fluids to avoid dehydration. Discourage your kids and other family members from drinking sugary sweetened drinks. Bad habits can start in your youth, but so can good habits! Make a habit of stocking your fridge with water, fruit infused water, 100% fruit juice (small amounts), and milk to keep your kids hydrated.