



# GRASP Newsletter

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## Wellness Tips: Re-think Your Drink

**Sports Drinks** . . . There's no doubt a cold Sports drink is refreshing after a good workout, however, did you know these drinks are usually high in sugar.



These sugar-sweetened beverages, overall, have a lot of **extra calories** and **poor nutritional value**. Drinking too many sugar-sweetened beverages can result in several different health problems, including cavities, as well as excess weight gain.

**Electrolytes** in Sports Drinks are meant to put back what you lose through sweat during exercise. If you drink them without sweating enough to lose these minerals, you could be increasing your sodium intake.

### But are sports drinks even necessary?

A Sports Drink is beneficial for people who exercise at an **intense level** for at least an **hour**. For the average athlete, looking to burn off a few extra calories, Sports Drinks **are not** the best choice.

Sports drinks are often so high in sugars that people sometimes drink more calories than they burn off during exercise!

- A better way to stay hydrated is to drink sugar-free, calorie-free **Water**.
- **Water** is generally the best way to replace lost fluids for adults and children.

\*Remember: Over-consumption of these beverages can lead to excessive weight gain and obesity. For more information click on the attachment "Make Better Beverage Choices".

*Wellness tip provided by the Harnett County Health Department*

## NOTES & NEWS

### Asparagus Is Cropping Up

April is the peak of asparagus season. While green is the vegetable's most common variety, there are also white spears, which have more delicate flavor, and purple asparagus, known for its sweeter taste.

### In the Kitchen: Long-Lasting Lemons

America's Test Kitchen says the best way to store lemons is in a zip-close plastic bag in the refrigerator. They will stay fresh for more than a month.

### Fitness Tip: Stand Up

A standing workout will almost always burn more calories than a seated one, with the exception of a high-intensity cycling class. Get on your feet for some more vigorous activity to see real results.



## Next Meeting

Our next meeting will be on **Tuesday, April 17th at 11:00am**. The meeting will be held at the **NC State Cooperative Extension Building** located at **(126 Alexander Drive, Suite 300 Lillington, NC)**. The speaker will be **Judith Paparozzi**, Adjunct Professor with UNC Pembroke. She will come out and speak to the group about the epidemic with Human Trafficking among children to raise awareness for grandparents. Lunch will be provided. Please call Latorius Adams at 910-814-6075 for more information.

## Lee Harnett Family Support and Community Collaboration Program

**April 18:** Autism 101 workshop will be held at the Harnett Co. Library, 601 S. Main St., Lillington, NC from 11:30-1:00 on April 18. Amy Perry with the Autism Society of NC will present. Light lunch will be served. To register contact Adrian Standish toll-free at 1-877-776-6702 or email at leeharnettfsp@yahoo.com.

