

Member Health Tip:

Ditch the Soda!!

Even Zero Calorie Soda can be HARMFUL to your health & weight Loss!

-On average, it takes a person 2 hours of non-stop walking @ 3mph to burn off the calories & sugar from one 12 oz. can of Coke.

-Zero calorie soda is a staple for many dieters but too much of it may put your kidneys at risk.

Studies have found that women who drink 2 or more cans of diet soda a day doubled their chances of accelerated kidney decline. Kidney function normally declines with age; speeding the process could increase your risk of kidney failure.

~ Brought in by members Terry C. & Jamie P.