



# HEALTHY YOU

August 2008

UK Health & Wellness Program  
116A Seaton Center • Lexington, KY 40506-0219  
[www.uky.edu/HR/wellness](http://www.uky.edu/HR/wellness) • (859) 257-WELL (9355)

## Ask the Expert: Do diet sodas cause weight gain?



**Q** I've heard that people who drink diet soda may actually *gain* weight. Will artificial sweeteners like those in diet soda cause me to gain weight?

**A** The simple answer is “No,” but emerging research may indicate that they can contribute to weight gain in some people. The truth of the matter is that in order to gain one pound, a person must consume an additional 3,500 calories that are not burned by their body through exercise, daily activity, or other deliberate physical activity.

Artificial sweeteners do not contain any calories. Therefore, alone, they do not contribute to weight gain. But it is more complicated than that because our thought process about food may change with the addition of artificial sweeteners. For example, we may rationalize that because we order a diet drink, we can eat more food (i.e., the big burger, large fries, etc.). We may also make the false assumption that “sugar-free” foods have fewer calories. It is important to read food labels and locate nutrition facts, paying attention to total calories per serving.

There is also some evidence that sweet drinks containing artificial sweetener may cause an increase appetite and cravings for more sweet foods. There is thought that artificial sweetener may alter the brain to feel less satisfied in terms of hunger making us require more food to feel satisfied. The bottom line is still calories. If we eat more calories than we burn, we will gain weight. — **Kim Moore, R.D.**



Have a fitness or nutrition question? Ask our experts! We'll feature selected questions and answers in the newsletter. E-mail us at [healthandwellness@email.uky.edu](mailto:healthandwellness@email.uky.edu).



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## Body Shop Fitness: Payroll Deduction

Becoming a member of Body Shop Fitness is about to get even easier. Beginning in September 2008, Body Shop Fitness will collect membership fees via payroll deduction. We are excited to offer this service, which will save you the time and trouble of having to re-enroll each semester. Once you're signed up for payroll deduction, all you need to do is register for group fitness classes, if you choose to participate. Payroll deduction is **required for ALL UK employees and their spouses/sponsored dependents. Retirees and retiree spouses will continue to pay by check or cash.**

It's easy to enroll. Just call 257-3772 to schedule your Health Fitness Consultation and pick up a **Body Shop Payroll Deduction Form** in either gym or in the main office or download it from our Web site at [www.uky.edu/HR/wellness](http://www.uky.edu/HR/wellness).

## Calendar

### Rising prices have you stressed? Get a chair massage!

The next chair massage is **Aug. 19, from 11 a.m. to 3 p.m., at the W.T. Young Library, Gallery Room.** The cost is just \$5 for 10 minutes or \$10 for 20 minutes. Reservations are required. Call (859) 257-WELL now to reserve your spot.

### Need help meeting your weight loss goals?

Did you know that about 80% of Weight Loss Matters participants who complete a 10-week cycle achieve their weight loss goals? **New classes begin Tuesday, Aug. 19, or Thursday, Aug. 21. The registration deadline is Aug. 15,** and class size is limited. For more information or to print a registration form, visit [www.uky.edu/HR/wellness/weightlossmatters.html](http://www.uky.edu/HR/wellness/weightlossmatters.html).

### Farmer's Market Tuesdays Continue!

We're going to the Farmers Market during lunch each **Tuesday** in June, July, and August, and we want you to come along. The bus ride is FREE, and you can't beat the market for the freshest fruits and veggies in town. For more information, visit [www.uky.edu/HR/wellness/farmersmarket.html](http://www.uky.edu/HR/wellness/farmersmarket.html).



The UK Health & Wellness Program is part of UK's employee benefits package and is available to all UK employees, retirees, spouses and sponsored dependents.