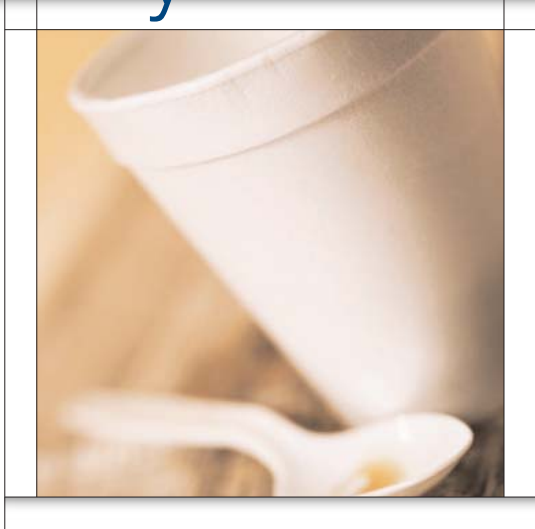


# travelinghealthy

**Cappuccino Caveats** A little caffeine probably won't hurt you; some athletes even use it to lose weight. But eight to 10 cups of high-octane java every day may be too much of a good thing. / *By Michael Sena*

WHETHER AT WORK OR TRAVELING, MANY ADULTS RELY ON COFFEE, coffee drinks, and other high-calorie beverages for a morning or afternoon pick-me-up. Street corners and airport terminals are packed with coffee houses that serve drinks and snacks that are high in calories, sugar, and saturated fat. **Not Your Average Joe** / I'm not talking about the traditional cup of black coffee: medium size, 10 to 15 calories, and 0 grams of fat and sugar. I mean the tongue-twisting coffee drinks that range from 250 to 500 calories per medium drink and contain up to 20 grams of fat and 50 grams of sugar. Enjoy a muffin or scone, and you've added at least 350 calories with enough fat and sugar grams to fuel a rocket. (Well, almost.) **Do the Math** / The calories from a coffee drink and bakery treat can top 1,000—often more than half your daily allowance. So if you want to cut caffeine consumption or lose a few pounds, follow these suggestions. (Of course, always consult your physician for personal guidance on caffeine consumption.) **1.** Go to the coffee shop's Web site to check out the nutritional content of your favorite drinks. **2.** Reduce high-sugar coffee drinks by having a regular coffee every other visit and sweeten lightly. **3.** Try a "soy latte" drink, or a green tea or black tea. **4.** Split that scone or fruit square with a companion. **5.** Substitute fresh fruit for a sugar tart every other visit. **6.** If you're cutting out caffeine completely, cut back by a half-cup per day.

**Michael Sena** is the health and fitness expert for NBC-5 TV in Chicago and a member of Mayor Daley's fitness council. He also is writing and publishing a book on family fitness with Rodale Press.



Caffeine dehydrates your muscles, so drink a glass of water for every cup of coffee. For more tips on health and exercise, visit [michaelsena.com](http://michaelsena.com).

## Staying Fit: Inflight Flexibility



**Knee Flexion:** Lift knee toward chest, decreasing the amount of joint space at back of the knee. Repeat with other leg.



**Dorsiflexion:** With heel on floor, point toes upward, decreasing the angle between the foot and front of the leg. Repeat with other foot.



**Inversion:** With foot on floor, gently roll the sole of the foot inward. Repeat with other foot.



**Knee Extension:** Straighten knee, increasing the amount of joint space at the back of the knee to its full range. Repeat with other leg.



**Plantar Flexion:** Lift the heel and keep toes pointed toward the floor, increasing the angle between the top of the foot and front of the leg. Repeat with other foot.



**Eversion:** With foot on floor, gently roll the sole of the foot outward. Repeat with other foot.

ILLUSTRATION / DAVID NAVASCUES