Sports drinks:
• These are flavored drinks that usually contain sugar, minerals, and electrolytes (like sodium, potassium, and calcium).
• Most people don’t need them! They are recommended only when you are doing intense physical activity for at least an hour or longer (such as long-distance running or biking, or high intensity sports like soccer, basketball, or hockey).
• Avoid drinking them when you are just doing routine physical activity or to satisfy your thirst.
• Examples of Sports Drinks:
  ◦ Gatorade  ◦ Powerade  ◦ Accelerade  ◦ All Sport Body Quencher  ◦ Propel

Energy drinks:
• These are flavored beverages that usually contain stimulants like caffeine and other compounds along with sugar, added vitamins and minerals, and maybe even protein.
  ◦ Guess what?! We don’t need these nutrients from drinks; we get them from our food!
• These drinks are not the same thing as sports drinks and are never recommended for children or adolescents.
• These could cause increased heart rate, increased blood pressure, trouble sleeping, anxiety, difficulty concentrating, upset stomach, and even caffeine toxicity.
• Examples of Energy Drinks:
  ◦ Monster  ◦ Red Bull  ◦ Power Trip
  ◦ Full Throttle  ◦ Jolt  ◦ Rockstar

Did you know? Neither sports drinks nor energy drinks are a good substitute for the water we need each day – water is always the best thirst quencher! Water is the best choice for hydration, before, during, and after most people’s exercise routines.

Instead of sports drinks, have some water and a piece of fruit after a workout!