

Most People Don't Need

# SPORTS AND ENERGY DRINKS

## 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.

## 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

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

