

# Sports and Energy Drinks



*Most people don't need them!*

## SPORTS DRINKS

- Sports drinks are flavored beverages that usually contain sugar, minerals and electrolytes (like sodium, potassium and calcium).
- They are only recommended when you have been doing **intense** physical activity for an hour or longer (such as long distance running, biking or high intensity sports like soccer, basketball or hockey).
- If you drink them when you have been doing routine physical activity or just to satisfy your thirst, you increase your risk of excess weight gain.
- Some examples are Gatorade, Powerade, Accelerade, All Sport Body Quencher and Propel.

## ENERGY DRINKS

- Energy drinks are flavored beverages that typically contain stimulants like caffeine and other natural compounds, along with sugar, added vitamins and minerals and maybe even protein. We don't need these nutrients from drinks; we get them from our food!
- These drinks are not the same as sports drinks and are **NEVER** recommended for children or adolescents.
- Energy drinks could cause you to have increased heart rate, increased blood pressure, trouble sleeping, anxiety, difficulty concentrating, upset stomach and even caffeine toxicity.
- Some examples are Monster, Red Bull, Power Trip, Rockstar, Full Throttle and Jolt.

*Water is always the best thirst quencher, even before, during and after most people's exercise routines.*

**Let's Move**  
Pittsburgh

Download more 5-2-1-0 resources at [letsmovepittsburgh.org/5210](https://letsmovepittsburgh.org/5210). To start a 5-2-1-0 campaign at your home or organization, please contact [letsmove@phipps.conservatory.org](mailto:letsmove@phipps.conservatory.org).



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