

Count Your CUBES!

THE SPIN ON SPORTS DRINKS!

Sports drinks are generally made up of water, sugar and a small amount of sodium and potassium. The idea is that, these drinks can help keep professional athletes hydrated and performing optimally,

- sugar provides some energy, and
- electrolytes (sodium and potassium) replace what the body loses through sweat.

It is healthier for young athletes to have:

- regular water breaks every 15 or 20 minutes,
- a healthy snack during breaks, and
- water and a healthy snack after a game or workout.

Before buying a sports drink, do the Sport Drink Check!

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| ➔ Are you active at an elite level in an intense competitive sport? | Yes | No |
| ➔ If yes, are you continuously active for more than 60 minutes (non-stop)? | Yes | No |
| ➔ Are you exercising in very hot or cold weather or in heavy uniforms? | Yes | No |

If your answer is "no" to any of these questions, water and healthy snacks are enough – you likely do not need a sports drink.



Sports drinks are advertised a lot. You rarely need sports drinks.

11 Cubes



0 Cubes



Water
750ml



Sports Drink
710ml