

HYDRATION CHOICES



WATER

- Water is the least expensive and most accessible fluid during exercise.
- Water is appropriate during all types of exercise.
- Water may need to be supplemented with sports drinks during intense exercise that is greater than 60 minutes or intense exercise in the heat.

VS



SPORTS DRINKS

- Sports drinks contain electrolytes, sugar and water, which are important nutrients that are lost during exercise.
- Sports drinks are recommended for use during intense exercise that is greater than 60 minutes or intense exercise in the heat.
- Children and younger athletes like the taste of sports drinks, this may lead to more fluid consumption and an increased hydration.