



Can sports drinks help your child perform better?

Sports drinks are a popular sugary drink that many believe help children perform well at sporting events. Not true!

Sports drinks are **not needed** by most children. Having regular water breaks every 15 – 20 minutes, and enjoying water and a healthy snack after a game or workout is adequate.

Children might need small amounts of sports drinks if they:

- Do prolonged, vigorous physical activity in hot, humid conditions for more than 60 minutes or,
- Wear heavy protective gear such as hockey gear, which can increase sweating and reduce the evaporation of sweat to cool the child.

For the typical child doing routine physical activity for less than three hours in normal weather conditions, the use of sports drinks in place of water is unnecessary. And think: just 2 cups (500 mL) of a typical sports drink has over 7 tsp of sugar. That's more than half their maximum daily intake of added sugars!

Sip Smart!™ Ontario is an initiative designed to teach children in Grades 3 to 7 what they need to know to make healthy drink choices.

The Sip Smart!™ Ontario resources are fun and interactive. Families can find them online at www.brightbites.ca.

Learn more about our
Healthy Kids Activities at
www.temiskamingshores.ca
Under the Resident Tab!



find us on  **facebook** Healthy Kids Community Challenge the City of Temiskaming Shores

follow us on  **twitter** #HealthyKidsTem

