



## Fun Fact of the Week

### Water Versus Sport Drinks ... Which is Best?

Which should you reach for after your summer workout — water, or that colorful sports drink?

The answer is not always as clear as, well ... water! Sports dietitians say that it depends on the duration and intensity of the physical activity and on how much you sweat. The general guideline for most people is that if you are doing continuous exercise for 60 minutes or less, water is fine, but beyond that – and especially if the intensity is high – you should consider a sports drink.

This is because sports drinks include electrolytes (which help regulate nerves and muscles), carbohydrates (which help restore the body's glycogen — or fuel — levels) and water (which helps hydrate). So, what are the best sports drinks on the market? For training over an hour at medium-to-high intensity, look for a drink that provides between 13-19 grams of carbohydrates per 8-ounce serving, and at least 80-110 mg sodium—and even more for longer duration training or those losing a lot of salt in their sweat.

Here are some good picks:

- **Gatorade G**  
*Per 8 ounce serving: 50 calories, 14 g carb; 110 mg sodium*  
This is the original Gatorade, and it's still an outstanding option. The formula is designed so that you'll absorb the fluid and energy quickly, and continue to want to drink.
- **Powerade Ion 4**  
*Per 8 ounce serving: 50 calories, 14 g carb; 100 mg sodium*  
This is a well-designed hydration beverage with adequate sodium.
- **Powerbar Endurance**  
*Per 8 ounce serving: 70 calories, 17 g carb; 190 mg sodium*  
This powder works best for longer workouts or for athletes who lose quite a bit of sodium in their sweat.
- **Gatorade Endurance**  
*Per 8 ounce serving: 50 calories; 13 g carb; 170 mg sodium*  
This is also a good option for longer workouts or those needing more sodium.
- **Accelerade Hydro**  
*Per 8 ounce serving: 80 calories, 15 g carb, 120 mg sodium*  
In addition to regular sugar, this drink contains trehalose, a slow digesting sugar, which may help athletes who experience low-blood sugar (hypoglycemia) during or after training.



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