

4-H +Me = Health: Sports Drinks

What will we learn? 4-H members will learn about how their body refuels and recovers after exertion from sports or other activity. They will then compare beverage choices for rehydration and make the healthiest choice for their body.

Why is this important? Our bodies need rehydrated after activity. Learning more about proper hydration and which beverage choices are most beneficial for hydration will help members take better care of their bodies.

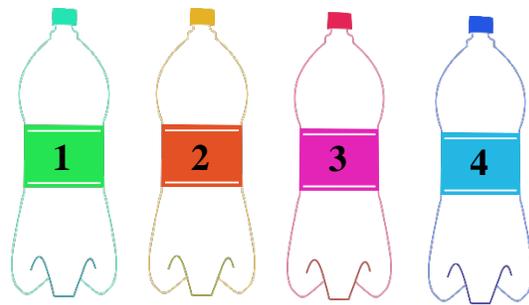
Prep time needed: 10 minutes for shopping

Activity length: 10 minutes

What will we need?

Preparation:

- Bottle of water
- Gatorade or Powerade
- Fruit juice
- Energy drink
- Permanent marker
- Tape for labeling



At the meeting:

- Table
- Enough space for everyone in the group to sit comfortably

What do I need to do?

Preparation:

1. Number each bottle 1–4 and display them on a table.

At the meeting:

1. Talk to the club about the importance of keeping our bodies hydrated and drinking plenty of fluids.
2. Read the following scenario: *Julie is very athletic and runs track. Julie knows it's important to stay hydrated before and after her track meets. On the days of her*

track meets, Julie likes to keep a drink in her bag that will replenish her body when she is done running. Which drink choice is best for Julie?

3. Have your club members decide which drink would be the best choice for Julie's recovery and explain why:
 - Water: 0 calories, rehydrates, helps keep muscles loose, and flushes out toxins
 - Gatorade/Powerade: Enhanced with minerals to replenish those lost through exercise, contains sugar and calories, and rehydrates
 - Fruit juice: May contain vitamins, but contains very few minerals; also contains sugar and calories, high amounts of which can upset your stomach, reducing performance ability
 - Energy drink: Contains both sugar and calories as well as caffeine (a diuretic), which may result in more dehydration as well as a jittery feeling
4. The best choice for Julie to replenish the fluid she lost through running would be the water, because it is calorie free and will keep her muscles loose while rehydrating her body. The second best choice would be the Gatorade or Powerade, because even though it hydrates and has added minerals, it does have added calories and sugar. The third choice would be the fruit juice, because it has lots of calories and the high amount of sugar could cause an upset stomach, especially before, during and after long-term activity. Last would be the energy drink, because it is high in calories, caffeine and sugar, which can cause stomach distress, jitters, and dehydration.

Summary: Members will learn the importance of making healthy choices when it comes to rehydration and explain the rationale behind those choices. Members will be able to explain why certain drinks are healthy, or not so healthy, choices for rehydration.

What 4-H projects does this activity connect with: Health and Nutrition

Resources:

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet19MakeBetterBeverageChoices-BlkAndWht.pdf>