



American
Heart
Association.

water

the original sports drink

Make water the drink of choice for peak sports performance, happy hearts and healthy brains.



You wouldn't eat 6 donuts right before a game, so why would you consume a 28 oz. sugary drink? They both have the same grams of sugar.



Sugary sports drinks form acid in your mouth which can cause tooth decay and cavities.



Skip the sugary drinks and opt for water. You'll have more energy for practice and competitions.