

Walk to Health 2015 Sponsors

Week 6 - Energy Drinks: Pros & Cons

- Most energy drinks contain large amounts of caffeine, which can provide a temporary energy boost.
- Check the label for the sugar amount & other substances. Determine if the short-lived energy boost is worth it.
- Too much caffeine can lead to nervousness, irritability, insomnia, rapid heartbeat and increased blood pressure.
- Increased sugar may contribute to weight gain.
- If you are consistently rundown, consider a healthier way to boost your energy: get adequate sleep, include physical activity in your daily routine and eat a healthy diet. Check with your doctor if still rundown.
- Energy drinks are typically not recommended if you have heart disease or high blood pressure. Pregnant women & women breast-feeding may want to limit consumption of these beverages.
- The American Academy of Pediatrics recommends that adolescents get no more than 100 milligrams of caffeine a day and younger children shouldn't drink caffeinated beverages on a regular basis.



Co-Sponsor



"I'm down to one cup of coffee a day"