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## Energy drinks bad for kids



**Sports and energy drinks are at best unnecessary and in some cases contain substances that could be harmful to children.**

A new clinical report published in the June issue of *Pediatrics* outlines how these products are being misused, discusses their ingredients and **provides guidance to decrease or eliminate consumption by children and adolescents.**

"There is a lot of confusion about sports drinks and energy drinks, and adolescents are often unaware of the differences in these products," said Marcie Beth Schneider, co-author of the report.

"Some kids are drinking energy drinks – containing large amounts of caffeine – when their goal is simply to rehydrate after exercise. This means they are ingesting large amounts of caffeine and other stimulants, which can be dangerous." Sports drinks and energy drinks are different products, said Holly J. Benjamin, co-author of the report.

Sports drinks, which contain carbohydrates, minerals, electrolytes and flavouring, are intended to replace water and electrolytes lost through sweating during exercise.

**Sports drinks can be helpful** for young athletes engaged in prolonged, vigorous physical activities, **but in most cases they are unnecessary on the sports field or the school lunchroom.**

**"For most children engaging in routine physical activity, plain water is best," Dr. Benjamin said. "Sports drinks contain extra calories that children don't need and could contribute to obesity and tooth decay.**

**It's better for children to drink water during and after exercise and to have the recommended intake of juice and low-fat milk with meals. Sports drinks are not recommended as beverages to have with meals."**

Energy drinks contain substances not found in sports drinks that act as stimulants, such as caffeine, guarana and taurine.

Caffeine, by far the most popular stimulant, has been linked to a number of harmful health effects in children, including effects on the developing neurologic and cardiovascular systems.

**Energy drinks are never appropriate for children or adolescents, agreed the authors and said that in general, caffeine-containing beverages, including soda, should be avoided.**

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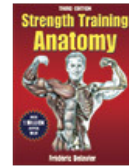
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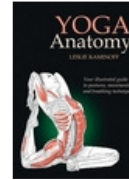
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Strength Training Anatomy (3rd Edition)  
*Frederic Delavier*  
£13.99



Yoga Anatomy  
*Leslie Kaminoff*  
£14.99



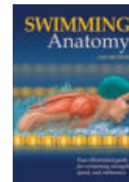
Fitness & Health (6th Edition)  
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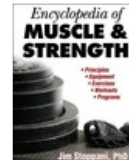
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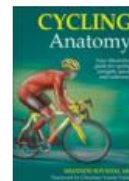
Advanced Marathoning (2nd Edition)  
*Peter Pfitzinger, Scott Douglas*  
£12.99



Swimming Anatomy  
*Ian McLeod*  
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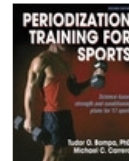
Encyclopedia of Muscle & Strength  
*Jim Stoppani*  
£14.99



Cycling Anatomy  
*Shannon Sovndal*  
£14.99

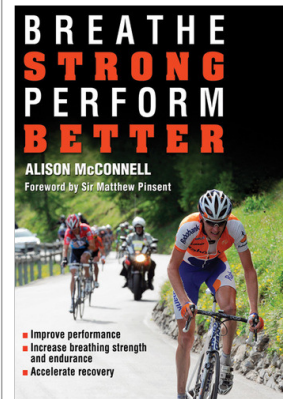


Stretching Anatomy  
*Arnold Nelson, Jouko Kokkonen*  
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Periodization Training for Sports (2nd Edition)  
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## June's Book of the Month

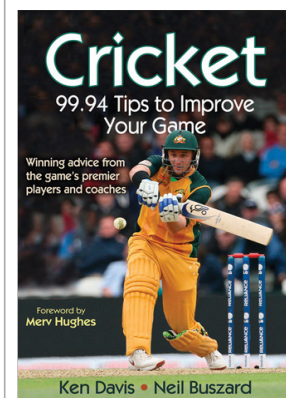


**Today's top athletes, as well as their coaches and trainers, know the benefits that breathing muscle training provides.**

This comprehensive guide will show you how to apply the latest scientific research and case studies to maximize training, conditioning and performance.

With professional insights, exercise tips and advice for integrating breathing training into existing training programmes, this is the guide you can't be without. [Read more](#)

## May's Book of the Month

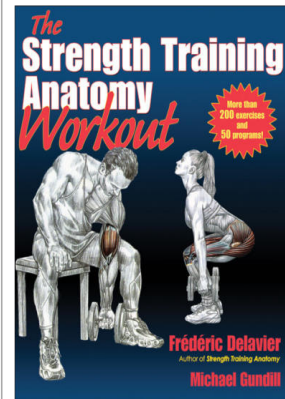


**Widely acknowledged as the greatest ever batsman, Sir Donald Bradman's test-match batting average of 99.94 is an achievement eclipsing that of any other sporting great.**

Although you will probably never match Bradman's pre-eminence, you can still achieve a higher level of success as either a player or coach with *Cricket: 99.94 Tips to Improve Your Game*.

In this unique compilation, the world's top players and coaches share their secrets, guidance and advice on every aspect of the game. From batting to bowling and fielding to coaching, *Cricket: 99.94 Tips to Improve Your Game* covers it all. [Read more](#)

## April's Book of the Month

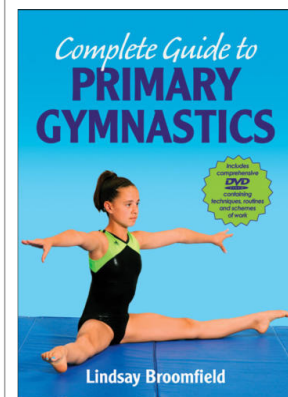


Over one million readers have turned to *Strength Training Anatomy* for strength training's most effective exercises.

Strengthen arms and legs; increase muscle mass; sculpt chest, back and core; firm glutes and increase hip flexibility with over 150 full-colour illustrations, 200 exercises and 50 workouts that show how muscles interact with surrounding joints and skeletal structures.

You'll also discover how variations, progressions, and sequencing can affect muscle recruitment, the underlying structures and ultimately the results. [Read more](#)

## March's Book of the Month



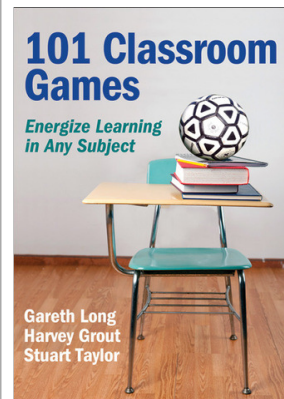
Many teachers hold the misconception that gymnastics is risky and difficult to teach in primary school settings.

But author Lindsay Broomfield, an international gymnastics competitor, senior club coach and gymnastics tutor, lays to rest those misconceptions in *Complete Guide to Primary Gymnastics*.

Firm in the belief that gymnastics is accessible to all and is straightforward to teach, Lindsay provides clear instruction for primary teachers and club coaches, even those with little or no experience, to teach gymnastics skills.

In fact, this book and DVD package covers everything a teacher or coach needs to know and deliver. Its progressive approach builds on the basics and allows for a smooth transition for pupils entering year 7. [Read more](#)

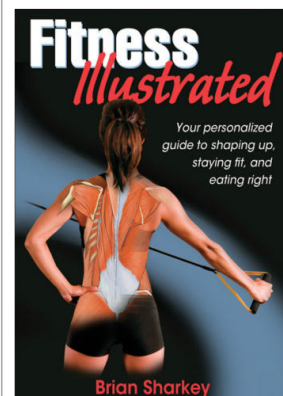
## February's Book of the Month



**101 Classroom Games**, helps students improve their study skills, aids them in reviewing material, prepares them for assessments and makes the learning experience enjoyable.

You never knew a game of Splat, Snap or Howzat! could pack so much educational punch, did you? All 101 games in this handy book make learning memorable, fun and successful. You can use them as effective starter activities, for the middle part of a lesson to reignite learning when you see the kids' eyes start to glaze over or as complete activities to help you assess your students' learning. [Read more](#)

## Previous Book of the Month



**Fitness Illustrated** is a visual, straightforward approach to core fitness concepts, exercise programming, nutrition and weight management.

Photos, illustrations and explanations depict how a body changes through aerobic and strength training so you can customize routines to maximize benefits and address specific needs and goals. [Read more](#)